

Westminster

City Newsletter & Recreation Guide



Classes



Founder's Day Parade



Youth Sports

See us at: www.westminster-ca.gov Fall 2011

The City of Westminster
presents

2011 Founder's Day Parade



October 22, 2011

9:30am

For more information or for a parade application, please call
714.895.2860 or visit our website: www.westminster-ca.gov

The City of Westminster &
The Westminster City Council
invite you to the

Holiday Tree Lighting Ceremony
and Community Sing

Join us on

Monday, December 5, 2011 at 6:00 p.m.
Civic Center, 8200 Westminster Blvd
(714)895-2860



Visit with Santa from 6:00-6:30 & after the Ceremony.

Please bring canned goods to donate to those in need this
holiday season. Dress warmly, event will be held outdoors.

Holiday Home Decorating Display



Westminster's neighborhoods are full of beautifully decorated
homes for the holiday season. Add your address to the list
of festive homes adorned with personal touches of Christmas.

To add your home to the Holiday Home Decorating list
please submit by email a digital photo of your home and your
address to csronline@westminster-ca.gov.

Addresses will be listed on the website after December 9th for
the community to enjoy at their leisure. You can start a new
Holiday tradition with a drive around the city enjoying the best
Christmas Displays in Westminster. For more information
call 714-895-2860 or for a list of addresses visit our website
at www.westminster-ca.gov.

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WFRC Back Cover

Fall Highlights

August 22

Fall Class Registration Begins

September 5

Labor Day – City Offices Closed

September 11

Dia De La Familia

September 11 Remembrance

September 12

Club Westminster Fall Parks Program
Begins

September 19

Adult Softball Fall Season Begins

September 26

Youth Sports Program Begins

October 22

Founders Day Parade

October 31

Halloween Happening at the Mall

November 14

Look out for Winter Brochure

November 24 & 25

Thanksgiving Holiday – City Offices
Closed

December 3

Breakfast with Santa

December 26 - January 2

City Offices Closed

January 2, 2012

Rose Parade Excursion

Class Reminders

1. Most recreation classes will begin the week of September 12, 2011.
Please check your starting date carefully.
2. Classes may be cancelled if minimum enrollment is not met prior to class starting date. Don't miss out!

BE SURE TO REGISTER EARLY!

Internet access to Westminster City Council Meetings

Check the city's website at www.westminster-ca.gov for information about viewing live and archived City Council meetings. If you have Internet access, you can follow the meeting live with a video stream on your computer. You will also have access to an archive of recent City Council meetings if you are interested in viewing a particular meeting segment along with meeting agendas and minutes.

Council Thoughts Fall 2011

Much has been accomplished in Westminster so far this year. The Mayor and City Council are pleased to report some significant events that occurred in June.

First, again this year a City budget was adopted on time. While there is a \$1.7 million shortfall between expenses and projected revenue, the city has reserves available to bridge this gap. Methods the state will implement to balance its sizeable budget deficit are still unknown but it is not unlikely that some type of fiscal reduction will be legislated that will adversely impact Orange County and the City of Westminster. Also, revenue projections may change based on the pace of the current economic recovery. However, our goal to provide responsible leadership to keep the city fiscally sound for the long-term remains unchanged. Westminster continues to be a full service city. Overall staffing has been reduced by not replacing employees who leave or retire but there have been no layoffs.

City Council and staff have successfully worked together to protect redevelopment agency money from being taken by the state. Since the Governor continues his efforts to eliminate redevelopment agencies and raid any related fund balances, we expect an ongoing fight to keep our local tax dollars local where they have the most impact.

On June 4th, the Mayor's "Mardi Gras" Ball was held at the Westminster Rose Center. It was a fun evening for those in attendance and successfully raised more than \$38,000 for the Rose Center Foundation, a non-profit organization formed to support operations at the Rose Center Theater. The Foundation's board of directors is comprised of community volunteers dedicated to providing quality performances locally and keeping ticket prices low. This is the tenth consecutive Mayor's Ball held as a fundraiser to support cultural arts at the Rose Center Theater which have now raised a total exceeding half a million dollars.

Westminster's new Police Building became fully operational in March and the official ribbon cutting ceremony was held on July 18. Construction is currently underway on a four-story parking structure adjacent to the building that will provide 640 parking spaces. This project is scheduled to be completed by June 2012 and will resolve an ongoing parking problem experienced by visitors to the Westminster Rose Center, students and faculty at Coast Community College and other visitors to the civic center. The \$17 million structure is being built with Redevelopment Agency funding.

To watch WTV-3 on the City's website www.westminster-ca.gov, click the Cool Click on the homepage, or find WTV-3 in the Community Services tab!



CITY OF WESTMINSTER WESTMINSTER CITY HALL

8200 Westminster Blvd.

Monday – Thursday 7:30 a.m.- 5:30 p.m.

Friday 7:30 a.m. - 4:30 p.m.

Closed alternate Fridays

(714) 898-3311

CITY COUNCIL

Meetings are held the
2nd & 4th Wednesdays
of the month in the
Council Chambers
at 7:00 p.m.

8200 Westminster Blvd.

Margie L. Rice

MAYOR

(714) 548-3183

(714) 893-1732

Tyler Diep

MAYOR PRO TEM

(714) 548-3181

Frank G. Fry

COUNCIL MEMBER

(714) 548-3180

(714) 893-3161

Andy Quach

COUNCIL MEMBER

(714) 548-3182

Tri Ta

COUNCIL MEMBER

(714) 548-3179

Mitch Waller

CITY MANAGER

(714) 548-3242

COMMUNITY SERVICES & RECREATION DEPARTMENT

8200 Westminster Boulevard
Monday – Thursday • 7:30 a.m. – 5:30 p.m.
Alternate Fridays • 7:30 a.m. – 4:30 p.m.

RECREATION PROGRAMS

FACILITY RENTALS

(714) 895-2860

SENIOR CENTER

(714) 895-2878

DAMAGE TO PARKS/GRAFFITI HOTLINE

(714) 895-2876

COMMUNITY SERVICES & RECREATION COMMISSION

Leo Lopez, Chairperson
Nhi Ho
Penny Loomer
Jacko Luong
Gia Ly
Lupe Fisher, Alternate

COMMUNITY SERVICES & RECREATION DEPARTMENT STAFF

Community Services Director
Diana Dobbert

Senior Services Supervisor
Claire Hutchinson

Community Services Supervisor
Vanessa Johnson

Family Resource Center Supervisor
Susanna Herrera

Cable TV Production Supervisor
LaVada Cordasco

Community Services Coordinators:
Stacy Yoshida – Sports
Pam Gremling – Special Events

Administrative Assistant
Jennifer Espinoza

The City of Westminster does not discriminate on the basis of race, color, national origin, sex, religion, age, or handicapped status in employment or the provision of services.

HALLOWEEN HAPPENING AT THE WESTMINSTER MALL

The Westminster Mall and Westminster Community Services and Recreation Department sponsor this Halloween funfest. The event will be held on **Monday, October 31** from **4:30 to 7:30 p.m.** at the Westminster Mall, lower level Macy's Court. Families are invited to come in costume. Children can win goodies and prizes at the game booths. For more information, please call the Department at (714) 895-2860.

BREAKFAST WITH SANTA

You'd better watch out because Santa is making a special trip to Westminster. On Saturday, December 3, Santa will arrive to delight and entertain at this traditional event. Children must be accompanied by an adult. The cost is \$7.00 for children and adults and includes breakfast, crafts, a visit from Santa Claus and a small stocking for each child. Adults are encouraged to bring their cameras to capture these holiday memories. **SPACE IS LIMITED, SO PLEASE REGISTER EARLY!!!** For more information, please call (714) 895-2860.

Date: Saturday, December 3

Time: 9:00 a.m. – 10:30 a.m.

#8010.401 \$7.00 – Adults & Children (2+)

ROSE PARADE EXCURSION

On **Monday, January 2, 2012**, celebrate the New Year with the 123rd Rose Parade. This year's theme, "Just Imagine" promises to bring even more creativity with flowers, music, equestrian units and lots of animation from all over the world. Fee includes transportation on a luxury coach bus, nearby, convenient parking, and reserved grandstand seats. Reservations are now available on a limited, first-come, first-served basis.

Date: Monday, January 2, 2012

Age: Adult (under 18 must be accompanied by an adult)

Time: 6:00 a.m. – 2:00 p.m.

#7010.401 \$85.00

Refund Policy: Sorry, no refunds on the Rose Parade excursion, unless your space is filled by another registrant. The bus leaves from 8200 Westminster Blvd., where ample parking is available.

Youth Sports Contacts

American Youth Soccer Organization (AYSO)

Region 5 • (714) 927-5969

Region 143 • HOTLINE • (877) 976-6333

Westminster Little League • (714) 894-1578

National Junior Basketball (NJB) • (714) 765-6567

Junior All-American Football • (714) 983-4284

Westminster Pony Baseball • (657) 200-1221



Youth Sports



SOCCER STARS

GOOOOAAAALLLLL! Explore the techniques of soccer with the focus on ball handling, position play, and team strategies. Practices include drills and scrimmage to get a feel of a real soccer game. Participants should dress in comfortable clothes and tennis shoes (no cleats).

Instructor: Recreation Staff
Fee: \$25.00 (Includes T-shirt)

Ages: 8-12 yrs
Length: 10 wks

#6010.401 Bolsa Chica Park M 9/26-11/28 3:30-4:30 p.m.

#6010.402 Liberty Park M 9/26-11/28 3:30-4:30 p.m.

LIL' KICKERS

Learn the exciting game of soccer through the introduction of the basic skills. Practice basic techniques of dribbling, shooting, team play, and rules of the game. Participants should dress in comfortable clothes and tennis shoes (no cleats).

Instructor: Recreation Staff
Fee: \$25.00 (Includes T-shirt)

Ages: 5-7 yrs
Length: 10 wks

#6010.403 Bolsa Chica Park Tu 9/27-11/29 3:45-4:30 p.m.

#6010.404 Liberty Park Tu 9/27-11/29 3:45-4:30 p.m.

PEE-WEE HOOPSTERS

This non-competitive Pee-Wee Basketball program teaches the basic basketball skills including: passing, defense, dribbling, shooting, basic techniques, and coordination. A lower rim and smaller basketballs will be used to ensure success.

Instructor: Recreation Staff
Fee: \$25.00 (Includes T-shirt)

Ages: 5-7 yrs
Length: 10 wks

#6020.401 Bolsa Chica Park W 9/28-11/30 3:45-4:30 p.m.

#6020.402 Liberty Park W 9/28-11/30 3:45-4:30 p.m.

YOUTH HOOPSTERS

The Youth Basketball program is open to boys and girls emphasizing on teaching the basic skills of basketball through the values of teamwork, respect and having fun. **(No practice November 24.)**

Instructor: Recreation Staff
Fee: \$25.00 (Includes T-shirt)

Ages: 8-12 yrs
Length: 10 wks

#6020.403 Bolsa Chica Park Th 9/29-12/8 3:30-4:30 p.m.

#6020.404 Liberty Park Th 9/29-12/8 3:30-4:30 p.m.

#6020.405 Sigler Park Th 9/29-12/8 3:30-4:30 p.m.

YOUTH FLAG FOOTBALL

Boys and girls are invited to participate in the Youth Flag Football program. Participants will develop their playing skills, learn the rules of the game, build teamwork, engage in social interaction, build character and make new friends. **(No practice November 25.)**

Instructor: Recreation Staff
Fee: \$25.00 (Includes T-shirt)

Ages: 9-12 yrs
Length: 10 wks

#6010.405 Bolsa Chica Park F 9/30-12/9 3:30-4:30 p.m.

#6010.406 Liberty Park F 9/30-12/9 3:30-4:30 p.m.

CHEERLEADING

Aspiring cheerleaders will learn basic cheer moves, jumps, and stunts in a safe environment. Wear comfortable clothes and tennis shoes. Skills learned will be showcased at the flag football games. Each participant will receive a t-shirt along with a set of pom-poms and a mini-megaphone. **(No practice November 25.)**

Instructor: Recreation Staff

Ages: 6-12 yrs

Fee: \$25.00

Length: 10 wks

#6010.407 Liberty Park F 9/30-12/9 3:45-4:30 p.m.



MINI SPORTS

This program introduces children to three very popular sports: basketball, soccer and t-ball. Boys and girls, ages 3 and 4 years, will play games while learning to dribble, pass, catch and kick. Parent participation is required.

Instructor: Recreation Staff

Ages: 3-4 yrs

Fee: \$15.00 (Includes T-shirt)

Length: 6 wks

#6030.401 Sigler Park Sa 10/1-11/5 9:30-10:15 a.m.

#6030.402 Sigler Park Sa 10/1-11/5 10:30-11:15 a.m.

"I thought the coaches were great, had very positive attitudes and were very professional with the kids." – Parent, Spring 2011

CLUB WESTMINSTER – FALL PARKS AND PLAYGROUNDS PROGRAM

The City of Westminster's After School Parks Program is the perfect place for youth to spend their after school hours. Elementary school aged children can enjoy an assortment of free activities in a supervised and positive environment. As a drop-in program, participants DO NOT sign-in or out and may come and go freely. This supervised fall recreation program is designed to offer a quality recreation experience! The parks noted below will be open **Monday through Friday, 2:30 to 5:00 p.m.** beginning **Monday, September 12.** (Parks will be closed **October 31** and **November 24** and **25** for the Thanksgiving holiday.)

BOLSA CHICA PARK, 13660 University St., Phone (714) 897-5911

LIBERTY PARK, 13900 Monroe St., Phone (714) 412-2617

SIGLER PARK, 7200 Plaza St., Phone (714) 715-0262

SPECIAL WINTER VACATION SCHEDULE

The after school parks program will be extending their hours during winter break at the sites listed above. Park hours will be from 10 a.m. to 4 p.m. during winter vacation, weekdays only, beginning **Monday, December 19** and ending **Friday, December 30.**

WRITE A LETTER TO SANTA CLAUS

All children are invited to write a letter to Santa. Santa's helpers will assist Mr. and Mrs. Claus in answering all the letters received. Make sure your return addresses are on all the letters and they are mailed to the City of Westminster. As Santa is really busy during this time of year, all letters must be received prior to **Monday, December 12.**



Academics

SPANISH - LEVEL 1 & TUTORING

Learn Spanish with this innovative course that emphasizes vocabulary method development. Gradually acquire basic communication skills through listening and speaking at a "survival level" of proficiency. You will benefit from a supportive learning environment that utilizes effective second language acquisition techniques. This class will help non-natives increase their potential for long-term career success by learning oral and written communication skills in Spanish. This class is also open to high school students who need tutoring. **A \$5 material fee is due at first class.** For more information, email alimig@cox.net. Class is 8 weeks.

Instructor: CALINK Institute Staff Ages: 13+ yrs
 Fee: \$130 (+material fee) Length: 8 wks
 Location: Fountain Valley Senior Center Min: 5 Max: 15
 #1000.401 Tu 10/4-11/22 6:00-7:00 p.m.

Arts & Crafts



FANTASY ART

It's art time! You and your little artist will explore a Fantasy world through art. We will create fairies, dragons, castles, and wizards. Hands-on projects may include painting, drawing, printmaking, clay sculpture, and much more! Come and enjoy a special creative time with your little one. **A \$15 material fee will be due to the instructor which includes paint, paper, watercolors, clay, etc.**

Instructor: Lucia Henry Ages: 3-5 yrs + parent
 Fee: \$59 (+material fee) Length: 5 wks
 Location: WCSB Craft Room Min: 6 Max: 12
 #1000.402 Th 9/15-10/13 11:30 a.m.-12:15 p.m.

PARENT AND TOT CLAYTIME (HOLIDAY CREATIONS)

NEW

Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay as we hand build wonderful HOLIDAY projects step-by-step. Different projects each class. All pieces will be glazed and fired. Aprons will be provided. **A \$10 material fee will be due to the instructor which includes clay, glazes, and kiln firing.**

Instructor: Lucia Henry Ages: 3-5 yrs + parent
 Fee: \$41 (+ material fee) Length: 3 wks
 Location: WCSB Craft Room Min: 6 Max: 12
 #1000.403 Th 12/1-12/15* 2:15-3:00 p.m.
 *December 15 class held at WCSB Room A/B

CLAYTIME (HOLIDAY CREATIONS)

NEW

Have a blast learning how to turn clay into wonderful HOLIDAY projects. We will hand build the pieces as we learn techniques such as coiling, scoring, and slab, and decorate them under glazes. Different projects each class. All pieces will be glazed and fired. **A \$10 material fee will be due to the instructor which includes kiln, firing & glazing. Aprons will be provided.**

Instructor: Lucia Henry Ages: 6-12 yrs
 Fee: \$45 (+material fee) Length: 3 wks
 Location: WCSB Craft Room Min: 6 Max: 12
 #1000.404 Th 12/1-12/15* 3:30-4:45 p.m.
 *December 15 class held at WCSB Room A/B

PARENT AND TOT ART TIME

Explore a variety of art materials and fire up your child's imagination. Hands-on projects may include painting, drawing, printmaking, clay sculpture, and much more! Come and enjoy a special creative time with your little artist. **A \$15 material fee will be due to the instructor which includes kiln, firing & glazing. Aprons will be provided.**

Instructor: Lucia Henry Ages: 3-5 yrs + parent
 Fee: \$59 (+material fee) Length: 5 wks
 Location: WCSB Craft Room Min: 6 Max: 12
 #1000.405 Th 9/15-10/13 10:15-11:00 a.m.

NEW

DRAWING AND PAINTING WORKSHOPS FOR KIDS

Come join the fun in these workshops designed for children. Improve your drawings and have fun painting while incorporating art elements. **There will be a \$5 material fee due to the instructor which will cover all materials.**

Instructor: Pati Kent
 Fee: \$13 (+material fee)
 Location: WCSB Craft Room

Ages: 6-11 yrs
 Length: 1 day
 Min: 3 Max: 20

#1000.406	W	9/14/11	3:00-4:00 p.m.
#1000.407	W	9/21/11	3:00-4:00 p.m.
#1000.408	W	9/28/11	3:00-4:00 p.m.
#1000.409	W	10/5/11	3:00-4:00 p.m.
#1000.410	W	10/19/11	3:00-4:00 p.m.
#1000.411	W	10/26/11	3:00-4:00 p.m.
#1000.412	W	11/2/11	3:00-4:00 p.m.
#1000.413	W	11/9/11	3:00-4:00 p.m.
#1000.414	W	11/16/11	3:00-4:00 p.m.
#1000.415	W	11/23/11	3:00-4:00 p.m.
#1000.416	W	11/30/11	3:00-4:00 p.m.
#1000.417	W	12/7/11	3:00-4:00 p.m.



DRAWING AND PAINTING for TEENS & ADULTS!

Maximize your time! This fun class is designed for beginning and intermediate students who would like to learn the necessary skills of drawing and painting. Learn at your own pace and boost your confidence in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. **Note:** **Please ask for the materials list when registering for this class, and bring all materials to the first class meeting.**

Instructor: Pati Kent
 Fee: \$68 (+ materials)
 Location: WCSB Craft Room

Ages: 12+ yrs
 Length: 4 wks
 Min: 3 Max: 20

#1000.418	W	9/14-10/5	1:15-2:45 p.m.
#1000.419	W	10/19-11/9	1:15-2:45 p.m.

CARTOONING

Character drawing and basic cartooning are taught in this fun workshop! **An additional \$10 materials fee is payable to the instructor at the workshop which covers all supplies needed.**

Instructor: Pati Kent
 Fee: \$15 per workshop (+ materials fee)
 Location: WCSB Craft Room

Ages: 6-11 yrs
 Length: 1 day
 Min: 3 Max: 20

#1000.421	W	9/14/11	4:15-5:15 p.m.
#1000.422	W	9/21/11	4:15-5:15 p.m.
#1000.423	W	9/28/11	4:15-5:15 p.m.
#1000.424	W	10/5/11	4:15-5:15 p.m.
#1000.425	W	10/19/11	4:15-5:15 p.m.
#1000.426	W	10/26/11	4:15-5:15 p.m.
#1000.427	W	11/2/11	4:15-5:15 p.m.
#1000.428	W	11/9/11	4:15-5:15 p.m.
#1000.429	W	11/16/11	4:15-5:15 p.m.
#1000.430	W	11/23/11	4:15-5:15 p.m.
#1000.431	W	11/30/11	4:15-5:15 p.m.
#1000.432	W	12/7/11	4:15-5:15 p.m.

PRE-SCHOOL PLAY & PRACTICE

Imagine learning activities, award-winning children's literature, arts and crafts, songs, and many more fresh new ideas for your child. Each class is based on a different theme and includes cutting, pasting, painting, coloring, and more importantly, interacting with other children. **A \$5 material fee will be due to the instructor. No class on October 8.**

Instructor: Miss Dawna
 Fee: \$45 (+material fee)
 Location: Garden Grove Sports & Rec. Center

Ages: 2-5 yrs
 Length: 5 wks
 Min: 10 Max: 20

#1000.433	Sa	9/10-10/15*	12:00-12:40 p.m.
#1000.434	Sa	10/22-11/19	12:00-12:40 p.m.

*No class on October 8.

Parks
 Make
 Life
 Better!

Dance

**ZUMBA LATIN DANCE FITNESS!**

Zumba is a fun, high-energy, cardio workout that will help you get into great shape! You will learn salsa, merengue, cumbia, cha cha, bachata, and more.

Instructor: Georgina Espinosa Ages: 12+ yrs
 Fee: \$65 Length: 8 wks
 Location: WCSB E/W Room Min: 10 Max: 40

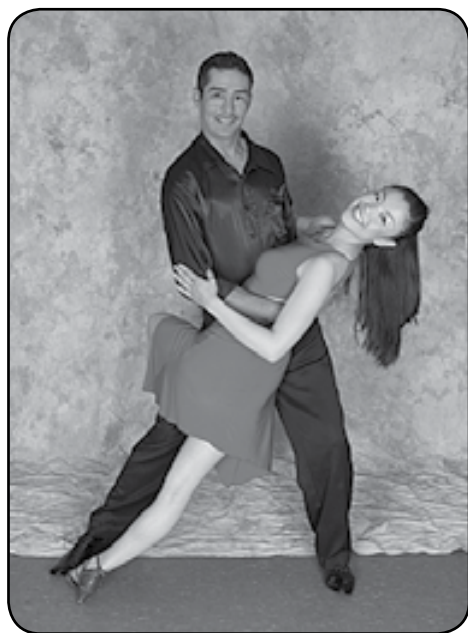
#2000.401	F	9/23-11/11	7:00-8:00 p.m.
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BALLROOM, SWING, AND LATIN COMBO!

Learn fun, easy patterns in Swing and cha-cha in session 1, Swing and Waltz during session 2, and swing, bachata, and merengue in session 3! Learn to dance to the music played at parties, night clubs, weddings, and cruises. No partner necessary.

Instructor: Efren Barrera Ages: 14+ yrs
 Fee: \$45 Length: 4 wks
 Location: WCSB E/W Room Min: 4 Max: 30

#2000.402	Tu	9/27-10/18	6:00-7:00 p.m.	(Swing & Cha-Cha)
#2000.403	Tu	10/25-11/15	6:00-7:00 p.m.	(Swing & Waltz)
#2000.404	Tu	11/22-12/13	6:00-7:00 p.m.	(Swing, Bachata & Merengue)

**SALSA 1 & 2 for ADULTS!**

Salsa, the hot and spicy dance, lets you move to the Latin rhythms in today's club and party scene. Learn hot, beginner patterns in Salsa 1 and intermediate patterns in Salsa 2! Meet people, socialize, and show off your moves! No partner needed. For more information, call Efren Barrera at 714-595-4766.

Instructor: Efren Barrera Ages: 14+ yrs
 Fee: \$45 Length: 4 wks
 Location: WCSB E/W Room Min: 4 Max: 30

#2000.405	Tu	9/27-10/18	7:00-8:00 p.m.	(Salsa 1)
#2000.406	Tu	9/27-10/18	8:00-9:00 p.m.	(Salsa 2)
#2000.407	Tu	10/25-11/15	7:00-8:00 p.m.	(Salsa 1)
#2000.408	Tu	10/25-11/15	8:00-9:00 p.m.	(Salsa 2)
#2000.409	Tu	11/22-12/13	7:00-8:00 p.m.	(Salsa 1)
#2000.410	Tu	11/22-12/13	8:00-9:00 p.m.	(Salsa 2)

**LINE DANCING for Beginners!**

Ramble! Ramble! Line dancing is healthy for the body and mind! Learn new steps and make friends while staying fit. Sign up today and learn a variety of basic steps from different kinds of dances – Latin, Folk, Soul, and Funk songs! This class does not require a partner and is a great cardio work-out.

Instructor: Jimmy Camarena Ages: 18+ yrs
 Fee: \$40 Length: 4 wks
 Location: WCSB E/W Room Min: 10 Max: 25

#2000.411	W	10/5-10/26	6:00-7:30 p.m.
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INTERMEDIATE LINE DANCING

Dancing is a great way to reduce stress and get fit while having fun. A study at the Albert Einstein Medical Center found dancing to be the only regular physical activity associated with a significant drop in the incidence of dementia, including Alzheimer's. Other studies have shown it to be helpful in the areas of memory, balance and cardiovascular fitness. It's done to all kinds of great music including top 40, waltzes, Latin, country, and disco. No partner needed. Intermediate (Level 3 and 4) dancers only. No class on 11/21.

Instructor: Suzy Hazard Ages: 18+ yrs
 Fee: \$60 Length: 12 wks
 Location: WCSB E/W Room Min: 20 Max: 60

#2000.412 M 9/12-12/5 9:30-11:30 a.m.
 *No class on 11/21.



PEE WEE (INTRO TO DANCE)

LEVEL 1 & 2

Come learn the foundation for all dance styles in this combination of ballet, tap, and jazz. Have fun while listening to friendly children's music. **Dance attire: Wear all pink ballet leotard, tights, and ballet shoes.** Student must be potty trained prior to taking class. This is not a parent & me class so parents are encouraged to watch from the lobby. **Must take Level 1 for 2 sessions prior to taking Level 2.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Valerie Bartosch Age: 2-6 yrs
 Fee: \$45 Length: 5 wks
 Location: Wespac Dance Center Min: 6 Max: 10

#2000.413 Th 9/15-10/13 5:15-6:00 p.m. (Beg. Level 1)
 #2000.414 Th 10/20-11/17 5:15-6:00 p.m. (Beg. Level 1)
 #2000.415 Th 12/1-1/5* 5:15-6:00 p.m. (Beg. Level 1)
 #2000.416 Th 9/15-10/13 6:00-6:45 p.m. (Int. Level 2)
 #2000.417 Th 10/20-11/17 6:00-6:45 p.m. (Int. Level 2)
 #2000.418 Th 12/1-1/5* 6:00-6:45 p.m. (Int. Level 2)

*No class on 12/29

BALLET

This class will utilize ballet barre, center floor work and across the floor. Learn ballet positions in 1st - 5th, jumps, tendue's, plie's, chaine's, pique's, pirouettes and leaps. A routine will be taught at the end of class. **Dance attire: Wear black leotard (Mon class) or ballet pink leotard (Tue class), ballet pink tights and pink ballet shoes, ballet skirt is optional. Must take Pee Wee Level 2 for 2 sessions prior to taking Tuesday ballet class, if under the age of 8.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: AJ & Jaseida Mojica Age: 5-17 yrs
 Fee: \$45 Length: 5 wks
 Location: Wespac Dance Center Min.: 6 Max: 10

#2000.419 Th 9/15-10/13 7:30-8:30 p.m. (10-17 yrs)
 #2000.420 Th 10/20-11/17 7:30-8:30 p.m. (10-17 yrs)
 #2000.421 Th 12/1-1/5* 7:30-8:30 p.m. (10-17 yrs)
 #2000.422 Tu 9/13-10/11 4:30-5:30 p.m. (5-9 yrs.)
 #2000.423 Tu 10/18-11/15 4:30-5:30 p.m. (5-9 yrs.)
 #2000.424 Tu 11/22-12/20 4:30-5:30 p.m. (5-9 yrs.)

*No class on 12/29

TUMBLING

Learn beginning tumbling technique including splits, somersaults, cartwheels, roundoffs, back handsprings and leaps. A must take course for anyone looking to try out for a competitive cheerleading or dance team at any junior high school, high school, university or professional level. Abs, chest and arms will be toned in the class! **Tumbling attire: Wear any color leotard with black ballet/jazz shorts and no shoes.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Susan Prough Age: 5-11 yrs
 Fee: \$45 Length: 5 wks
 Location: Wespac Dance Center Min: 6 Max: 10

#2000.425 F 9/16-10/14 4:45-5:45 p.m.
 #2000.426 F 10/21-11/18 4:45-5:45 p.m.
 #2000.427 F 12/2-1/6* 4:45-5:45 p.m.

*No class on 12/30.

Register for classes online at
www.westminster-ca.gov

HIP HOP

Come learn the latest LA style Hip Hop dance moves as seen on television, film and videos. Get a great workout while learning how to dance! **Dance attire: Wear all black pants, tank and clean sneakers with non - marking soles.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jennifer Chavarria & Jerome Moore Ages: 5+ years

Fee: \$45 Length: 5 wks

Location: Wespac Dance Center Min: 6 Max: 10

#2000.428	M	9/12-10/10	6:45-7:30 p.m.	(5-11 yrs.)
#2000.429	M	10/17-11/14	6:45-7:30 p.m.	(5-11 yrs.)
#2000.430	M	11/21-12/19	6:45-7:30 p.m.	(5-11 yrs.)
#2000.431	Th	9/15-10/13	6:45-7:30 p.m.	(12-18 yrs.)
#2000.432	Th	10/20-11/17	6:45-7:30 p.m.	(12-18 yrs.)
#2000.433	Th	12/1-1/5*	6:45-7:30 p.m.	(12-18 yrs.)

*No class on 12/29.

HULA

Learn the cultural dance of the Hawaiian and Tahitian Islands. This class is geared towards students who are looking to get a great workout while having fun.

Dance attire: Wear black tank or leotard with black shorts or leggings and any color sarong is optional.

For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Cathy Laurie Age: 5-18 yrs

Fee: \$45 Length: 5 wks

Location: Wespac Dance Center Min: 6 Max: 10

#2000.434	F	9/16 - 10/14	5:45-6:45 p.m.	(5-12 yrs.)
#2000.435	F	10/21 - 11/18	5:45-6:45 p.m.	(5-12 yrs.)
#2000.436	F	12/2-1/6*	5:45-6:45 p.m.	(5-12 yrs.)
#2000.437	F	9/16 - 10/14	6:45-7:30 p.m.	(12-18 yrs.)
#2000.438	F	10/21 - 11/18	6:45-7:30 p.m.	(12-18 yrs.)
#2000.439	F	12/2-1/6*	6:45-7:30 p.m.	(12-18 yrs.)

*No class on 12/30.



BELLY DANCING

This class will focus on orientale/beledi technique, rhythms, finger cymbals, veil work and improvisations. Get a great lo-impact, cardio workout while dancing to the beautiful middle-eastern beats. **Dance attire: Wear black tank or leotard with black shorts or leggings and any color belly dancing hip scarf is optional, barefoot or ballet shoes are optional.** For more info visit our website at www.wespacdance.com or www.marlenadancer.com or call 714-893-2623.

Instructor: Marlena Age: Teen/Adult

Fee: \$45 Length: 5 wks

Location: Wespac Dance Center Min: 6 Max: 10

#2000.440	W	9/14-10/12	6:30-7:30 p.m.
#2000.441	W	10/19-11/16	6:30-7:30 p.m.
#2000.442	W	11/23-12/21	6:30-7:30 p.m.



OUR FIRST DANCE AS MR. & MRS.

Learn the basics of couples' dancing and look great on your wedding day. Your friends and family will be amazed! Even if you are not getting married and you are a guest or father of the bride, all couples are welcome to take this ballroom dance class which is a great way to prepare for any social event or special occasion. **Dance attire: Ladies wear nice dress and heels and gentlemen wear collared shirt and nice slacks with dress shoes.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jaseida Mojica

Age: 18+ yrs

Fee: \$90 per couple

Length: 5 wks

Location: Wespac Dance Center

Min: 6 Max: 10

#2000.443	Tu	9/13 - 10/11	8:00-8:45 p.m.
#2000.444	Tu	10/18 - 11/15	8:00-8:45 p.m.
#2000.445	Tu	11/22 - 12/20	8:00-8:45 p.m.

TEENY TUMBLERS AND DANCERS

Enjoy concentrated time together in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required. No class Saturday, October 8.

Instructor: Miss Dawna
 Fee: \$45
 Location: Garden Grove Sports & Rec. Center

Ages: 9-24 mths.
 Length: 5 wks
 Min: 8 Max: 20

#2000.446 Sa 9/10-10/15* 12:40-1:20 p.m.
 #2000.447 Sa 10/22-11/19 12:40-1:20 p.m.
 *No class on October 8.



BALLET, TAP, and TUMBLING

Ballet develops physical control, strength, balance, and grace. Tap develops a sense of rhythm and timing useful in music study and athletics. Children will have lots of fun learning age-appropriate gymnastic skills including rolling, jumping, "Position of the day", animal walks, and balance beams. No class Saturday, October 8.

Instructor: Miss Dawna
 Fee: \$45
 Location: Garden Grove Sports & Rec. Center

Ages: 2-5 & 5-11 yrs
 Length: 5 wks
 Min: 10 Max: 20

#2000.448 Sa 9/10-10/15* 11:20 a.m.-12:00 p.m. (2-5 years)
 #2000.449 Sa 10/22-11/19 11:20 a.m.-12:00 p.m. (2-5 years)
 #2000.450 Sa 9/10-10/15* 10:40-11:20 a.m. (5-11 years)
 #2000.451 Sa 10/22-11/19 10:40-11:20 a.m. (5-11 years)
 *No class on 10/8.

BALLET, TAP, & JAZZ 1

An introduction to the basic steps of ballet, tap, and jazz. Students learn basic steps and develop these into a dance routine. There will be a recital on the last day of each session, after class. **Dance attire: pastel ballet shoes, tights, and leotards; tap shoes optional.**

Instructor: Elizabeth Gonzalez
 Fee: \$40
 Location: WCSB East/West Room

Ages: 3-5 yrs
 Length: 5 wks
 Min: 8 Max: 15

#2000.452 Sa 9/10-10/15* 11:00-11:45 a.m.
 #2000.453 Sa 10/22-11/19 11:00-11:45 a.m.
 *No class on 9/17.



BALLET, TAP, & JAZZ 2

This class may be taken after participating in 2 sessions of Mrs. Elizabeth's Ballet, Tap, & Jazz 1. Students will continue to learn steps in ballet, tap, and jazz. There will be a recital on the last day of the 5 week session, after class. **Dance attire: Pastel ballet shoes, tap shoes, tights, and leotards. There will be a \$15 material fee due to the instructor for dance costumes.**

Instructor: Elizabeth Gonzalez
 Fee: \$40 (+ material fee)
 Location: WCSB East/West Room

Ages: 5-8 yrs
 Length: 5 wks
 Min: 8 Max: 15

#2000.454 Sa 9/10-10/15* 10:00-11:00 a.m.
 #2000.455 Sa 10/22-11/19 10:00-11:00 a.m.
 *No class on 9/17.

HIP HOP TIL' YOU DROP!

Learn the hottest dance moves to the latest Hip Hop music! This class is an introduction to beginning Hip Hop. Students will learn Hip Hop combinations and a complete dance routine. There will be a recital on the last day of the 5 week session, after regular class.

Instructor: Elizabeth Gonzalez
 Fee: \$40
 Location: WCSB East/West Room

Ages 6-10 yrs
 Length: 5 wks
 Min: 8 Max: 15

#2000.456 Sa 9/10-10/15* 12:00-12:45 p.m.
 #2000.457 Sa 10/22-11/19 12:00-12:45 p.m.
 *No class on 9/17.

Music

PIANO IS FUN – FOR CHILDREN!

In this popular keyboard class, students cover all the basics of music through learning the piano: theory, reading, ear training, creativity etc. Students have fun playing songs on REAL quality pianos! Recitals and State Examinations are eventually offered to all qualified students. **All beginning materials are included FREE!**

Instructor: Dr. Robert Rios, Teresa and Augustina Rios and staff

Fee: \$40

Location: Piano Place Music & Arts Center

Ages: 4 -10 yrs

Length: 4 wks

Min: 5 Max: 9

#3000.401	Su	9/11-10/2	1:00-1:45 p.m.	(7-10 yrs.)
#3000.402	M	9/12-10/3	5:00-5:45 p.m.	(4-7 yrs.)
#3000.403	Su	10/16-11/6	1:00-1:45 p.m.	(7-10 yrs.)
#3000.404	M	10/17-11/7	5:00-5:45 p.m.	(4-7 yrs.)



PIANO IS FUN – FOR TEENS AND PRE-TEENS!

Students are introduced to reading music and playing the piano by ear in this fun and easy class. Creating new songs each lesson, students love learning together as a class, preparing themselves for their first teen rock group! Recitals and State Exams are eventually provided. **All beginning materials are included FREE!**

Instructor: Dr. Robert Rios and staff

Fee: \$40

Location: Piano Place Music and Arts Center

Ages: 10-17 yrs

Length: 4 wks

Min: 5 Max: 9

#3000.405	Su	9/11-10/2	2:30-3:15 p.m.
#3000.406	M	9/12-10/3	6:30-7:15 p.m.
#3000.407	Su	10/16-11/6	2:30-3:15 p.m.
#3000.408	M	10/17-11/7	6:30-7:15 p.m.



PIANO IS FUN – FOR ADULTS AND SENIORS!

Play those favorite songs at the piano that you've always loved (it's never too late)! You'll learn how to read music, play by ear, and have fun playing as a group. No practice or keyboard is required to take this class; just show up and try your hand(s) at it! **A \$10 material fee will be due to the instructor.**

Instructor: Dr. Robert Rios and staff

Fee: \$40 (+material fee)

Location: Piano Place Music and Arts Center

Ages: 17+ yrs

Length: 4 wks

Min: 5 Max: 9

#3000.409	Su	9/11-10/2	3:15-4:00 p.m.
#3000.410	M	9/12-10/3	7:15-8:00 p.m.
#3000.411	Su	10/16-11/6	3:15-4:00 p.m.
#3000.412	M	10/17-11/7	7:15-8:00 p.m.

GUITAR IS FUN – FOR CHILDREN, TEENS, AND ADULTS!

Students enjoy playing and creating songs in this popular class, using single notes and chords. Reading staff notation and tablature, basic music theory and playing by ear are covered. Playing in a group prepares students for playing in their own future band! **A \$10 material fee will be due to the instructor. Students must bring their own guitar.**

Instructor: Piano Place MAC Staff

Fee: \$40 (+material fee)

Location: Piano Place Music and Arts Center

Ages: 6+ yrs

Length: 4 wks

Min: 5 Max: 8

#3000.413	Tu	9/6-9/27	5:00-5:45 p.m.	(6-10 yrs.)
#3000.414	Tu	10/18-11/8	5:00-5:45 p.m.	(6-10 yrs.)
#3000.415	Su	9/11-10/2	1:00-1:45 p.m.	(10-17 yrs.)
#3000.416	Su	10/16-11/6	1:00-1:45 p.m.	(10-17 yrs.)
#3000.417	Tu	9/6-9/27	6:30-7:15 p.m.	(17+ yrs.)
#3000.418	Tu	10/18-11/8	6:30-7:15 p.m.	(17+ yrs.)

SINGING IS FUN – FOR CHILDREN and TEENS!

Proper vocal technic, intonation, and style are taught in this small group class, where musical numbers really come to life! Theory and notation are also covered, preparing students to sing some of those great hit songs that they really like! **A material fee of \$20 (which includes a book and CD), will be due to the instructor.**

Instructor: Piano Place MAC Staff Ages: 5-17 yrs
 Fee: \$40 (+ Material fee) Length: 4 wks
 Location: Piano Place Music and Min: 5 Max: 8
 Arts Center

#3000.419 Tu 9/6-9/27 5:00-5:45 p.m. (5-10 yrs.)
 #3000.420 Tu 9/6-9/27 5:45-6:30 p.m. (10-17 yrs.)



DRUMMING IS FUN – FOR CHILDREN AND TEENS!

In this exciting class, students have fun learning the basics of drum technic. Using drum pads and/or snare drums, different rhythms, coordination, and notation are covered. Making music together, students prepare themselves for their future drum set! Students must bring their own sticks as well as a drum pad and/or snare drum. **A material fee of \$10 will be due to the instructor.**

Instructor: Piano Place MAC Staff Ages: 6-17 yrs
 Fee: \$40 (+ Material fee) Length: 4 wks
 Location: Piano Place Music and Min: 3 Max: 6
 Arts Center

#3000.421 W 9/7-9/28 5:00-5:45 p.m. (6-10 yrs.)
 #3000.422 Sa 9/17-10/8 3:15-4:00 p.m. (10-17 yrs.)



VIOLIN IS FUN – FOR CHILDREN AND TEENS!

This class teaches the basics of the violin: intonation, technic, and bowing. In addition, some basic music theory and reading skills are taught. Students enjoy learning in small groups, where they can make or create ensemble music together, preparing themselves for playing in their first orchestra! **A material fee of \$10 will be due to the instructor. Students must provide their own violin.**

Instructor: Piano Place MAC Staff Ages: 6-17 yrs
 Fee: \$40 (+ Material fee) Length: 4 wks
 Location: Piano Place Music and Min: 3 Max: 6
 Arts Center

#3000.423 Tu 9/6-9/27 5:00-5:45 p.m. (6-10 yrs.)
 #3000.424 Sa 9/10-10/1 4:15-5:00 p.m. (10-17 yrs.)

Educator, composer, and pianist Robert Rios, Ph.D., has trained students of all ages to become master pianists, whether they are at the beginning, intermediate, or professional levels. The results have not only been many local, state-wide and national prize-winning students, but students, who, along with Dr. Bob, continue to proclaim: "Music is educational, exciting, and FUN!"

SESAME STREET MUSIC WORKS

This program is a fantastic program designed for children ages 2-6 and their parents, grandparents, teachers, and caregivers to be involved in music making. Fountain Valley Music is a licensed education center for the Sesame Street Music Works Program.

Instructor: FVM Staff Ages: 2-6 yrs
 Fee: \$30 (+ material fee) Length: 4 wks
 Location: Fountain Valley Music Min: 5 Max: 10

#3000.425 Tu 9/20-10/11 10:00-10:30 a.m.
 #3000.426 Tu 9/20-10/11 2:00-2:30 p.m.

GOTTO SING! Today's Top Hits

This is a fun vocal techniques class. All ages are taught proper breathing, posture, and technique. You will learn how to train your voice while learning to sing in a group. **There will be a material fee of \$20 due to the instructor which includes book(s) and CD.**

Instructor: FVM Staff Ages: 6-15 yrs
 Fee: \$45 (+ material fee) Length: 4 wks
 Location: Fountain Valley Music Min: 5 Max: 10

#3000.427 Tu 9/20-10/11 5:30-6:15 p.m. (6-9 yrs.)
 #3000.428 Tu 9/20-10/11 6:15-7:00 p.m. (10-15 yrs.)



KEYS TO MUSIC – Beginning Piano/Keyboard

Piano is the perfect instrument to start your child's music career. In addition to playing piano/keyboard, your child will play listening games, sing, do rhythm activities and more. Your child should have a piano/keyboard to play on at home. They are also available at Fountain Valley Music. These classes are fun! **There will be a \$30 material fee due to the instructor which includes a lesson book, note finder, bag, and practice record.**

Instructor: FVM Staff Ages: 4-9 yrs
 Fee: \$45 (+ material fee) Length: 4 wks
 Location: Fountain Valley Music Min: 5 Max: 10

#3000.429 W 9/21-10/12 3:00-3:45 p.m. (4-5 yrs.)
 #3000.430 Tu 9/20-10/11 5:30-6:15 p.m. (6-9 yrs.)
 #3000.431 Sa 9/24-10/15 8:30-9:15 a.m. (6-9 yrs.)
 #3000.432 Su 9/25-10/16 11:00-11:45 a.m. (6-9 yrs.)

GUITARLAND – Beginning Guitar

This course is a basic approach to playing the guitar, for beginners only. Students learn: Basics of reading music, learn rhythm and tempo, and how to tune your guitar. This is a very popular and fun class. **There will be a material fee of \$20 due to the instructor which will include a music book. Please bring your own guitar to practice or you may rent one for a nominal cost.**

Instructor: FVM Staff Ages: 6+ yrs
 Fee: \$45 (+ material fee) Length: 4 wks
 Location: Fountain Valley Music Min: 5 Max: 10

#3000.433 Su 9/25-10/16 2:00-2:45 p.m. (6-9 yrs.)
 #3000.434 Su 9/25-10/16 2:45-3:30 p.m. (10-15 yrs.)
 #3000.435 Th 9/22-10/13 5:00-5:45 p.m. (10-15 yrs.)
 #3000.436 Th 9/22-10/13 8:00-8:45 p.m. (16+ yrs.)
 #3000.437 Su 9/25-10/16 5:00-5:45 p.m. (16+ yrs.)

UKULELE JAM

Play Ukulele and have fun! You will work on chords, sing, and learn songs. Perfect for the whole family. You will need to bring your own ukulele. **There will be a \$20 material fee due to the instructor which will include a music book and CD/DVD.**

Instructor: FVM Staff Ages: 2-6 yrs
 Fee: \$30 (+ material fee) Length: 4 wks
 Location: Fountain Valley Music Min: 5 Max: 10

#3000.438 Sa 9/24-10/15 1:00-1:30 p.m.
 #3000.439 Su 9/25-10/16 5:00-5:30 p.m.

BREAKTHROUGH AUSTRALIAN PIANO

Play 4 songs in 4 different styles in 5 weeks! Breakthrough Australian piano method allows students to play immediately. All materials will be included. Students will receive a DVD and workbook. For more information, please visit www.dancingkeys.com.

Instructor: Alex Thai Nguyen Ages: 7-14 yrs
 Fee: \$50 Length: 4 wks
 Location: WCSB Craft Room Min: 4 Max: 10

#3000.440 M 9/12-10/3 6:00-6:50 p.m.

Special Interest

COMPUTER GRAPHICS FOR KIDS

Enter the exciting world of computer graphics in an exciting hands-on workshop for kids! Learn to design, create and modify art using the latest software. Includes free graphics software!

NEW

Instructor: Thuy Dang Ages: 6-10 yrs
 Fee: \$99 Length: 8 wks
 Location: The Piano Place Music and Arts Center Min: 4 Max: 8
 #4000.401 Su 9/18-11/6 10:00-10:45 a.m.

COMPUTER GRAPHICS WORKSHOP

Enter the exciting world of computer graphics in an exciting hands-on workshop. Learn to design, create and modify art using the latest software. Includes free graphics software!

NEW

Instructor: Thuy Dang Ages: 11+ yrs
 Fee: \$99 Length: 8 wks
 Location: The Piano Place Music and Arts Center Min: 4 Max: 8
 #4000.402 Su 9/18-11/6 11:00-11:45 a.m.

COMPUTER AIDED DRAFTING AND DESIGN BOOT CAMP

In this 8 session intense boot camp you will have a crash course in computer aided drafting and design. You will learn the fundamentals as well as some advanced techniques using CAD software. Each participant will be given their own copy!

NEW

Instructor: Jeffrey Yambao Ages: 12+ yrs
 Fee: \$99 Length: 4 wks
 Location: Intensity Services Min: 4 Max: 8
 #4000.403 M & W 9/12-10/5 7:00-8:00 p.m.
 #4000.404 Tu & Th 9/13-10/6 7:00-8:00 p.m.



INTRO TO 3D MODELING AND DESIGN!

NEW

3D for beginners! Participants will learn how to create and design in 3D. Each participant will be given their own copy of the software.

Instructor: Jeffrey Yambao Ages: 10+ yrs
 Fee: \$50 Length: 4 wks
 Location: Intensity Services Min: 4 Max: 8
 #4000.405 Sa 9/17-10/8 10:00-11:00 a.m.

3D MODELING AND DESIGN 2

Learn advanced techniques in 3D Modeling and Design. Each participant will be given a copy of the software.

NEW

Instructor: Jeffrey Yambao Ages: 10+ yrs
 Fee: \$50 Length: 4 wks
 Location: Intensity Services Min: 4 Max: 8
 #4000.406 Sa 9/17-10/8 11:30 a.m.-12:30 p.m.

CHESS MASTERS

This class will cover all the basics needed to play a complete game of Chess. Intermediate and advanced players will be taught in-depth strategies that include openings and end games.

Instructor: Chess Masters Staff Ages: 5-13 yrs
 Fee: \$130 Length: 6 wks
 Location: WCSB Craft Room Min: 8 Max: 30
 #4000.407 M 9/12-10/17 3:00-4:00 p.m.

YOU'RE ON THE AIR...HOW TO REALLY MAKE IT IN VOICE-OVERS!

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such a notable talent as Morgan Freeman, Glenn Close, and Alec Baldwin lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business!

Instructor: Ann Ganguzza
 Fee: \$30
 Location: WCSB Craft Room

Ages: 18+ yrs
 Length: 1 day
 Min: 5 Max: 30

#4000.408 M 10/10/11 7:00-9:00 p.m.

Producer/Coach Anne Ganguzza has an enthusiastic, energetic, and fun personality that makes working with her a joy. She has 17 years of teaching experience and has voiced hundreds of commercials, corporate narrations, infomercials, audiobooks, and much more. Her combination of initiative and drive will help you reach your voice over goals.

FIRST AID

Learn to respond to and assess an injury or illness. Topics covered include vital signs, bleeding, heat and cold emergencies, strokes, and seizures. You will receive a state and nationally recognized EMS first aid card and certification. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold
 Fee: \$10 (+ materials fee)
 Location: WCSB Room A/B

Ages: 12+ yrs
 Length: 1 day
 Min: 8 Max: 20

#4000.413	Sa	9/24/11	11:00 a.m.-2:00 p.m.
#4000.414	M	10/24/11	6:00-10:00 p.m.
#4000.415	Sa	11/12/11	11:00 a.m.-2:00 p.m.



CPR FOR ADULTS, INFANTS, AND CHILDREN

This class is designed to teach both the average person and professional how to initially respond to cardiac or respiratory arrest. Learn simple rescue CPR for adults, children and infants, as well as, foreign object removal techniques for airways. You will receive your certification upon completion of the class. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold
 Fee: \$10 (+ materials fee)
 Location: WCSB Room A/B

Ages: 12+ yrs
 Length: 1 day
 Min: 8 Max: 20

#4000.409	Sa	9/24/11	8:00-11:00 a.m.
#4000.410	Th	10/13/11	6:00-10:00 p.m.
#4000.411	Sa	11/12/11	8:00-11:00 a.m.
#4000.412	Th	12/1/11	6:00-10:00 p.m.

ONLINE DRIVER'S EDUCATION

Independence is just a click away! Complete your Driver's Education requirement from home, on your computer. This is an interactive, online course with videos and animated driving scenarios. Learn the rules of the road, driver responsibility, DMV procedures and much more. Receive DMV-approved Certificate of Completion. A licensed instructor is available to answer any questions. This is the FIRST step. Sign up any time!

Instructor: Erika Vieyra Ages: 15+ yrs
 Fee: \$49 Length: 24/7 daily access
 Location: Online

#4000.416	Th	9/1/11	Arranged after registering
#4000.417	Sa	10/1/11	Arranged after registering
#4000.418	Tu	11/1/11	Arranged after registering

PUPPY KINDERGARTEN

Start Your Pup Out on the Right Paw!

Geared for young puppies between two and five months of age, this course emphasizes socialization and introduces basic commands and walking on a leash. Various puppy care topics such as housebreaking, teething problems, health care pointers, etc. are discussed. Awards are presented at the last class.

Please do NOT bring puppies to the first class, orientation meeting. Do bring vaccination records and \$10 insurance/training manual fee due to your instructor at the first meeting.

Instructor: Khara Knight (HHDOC) Ages: 10+ yrs
Hacienda Hills Dog Obedience Club Dogs: 2-5 mos
Fee: \$72.00 Length: 6 wks
Location: H. Louis Lake Senior Center Min: 6 Max: 25

11300 Stanford (between 9th & Euclid) in GARDEN GROVE
1st mtg. **orientation**, held inside **without** dogs
(ALL other mtgs. **with** dogs on grass area adjacent to Senior Center)

#4000.419 Sa 9/24-10/29 8:30-9:30 a.m.



DOG MANNERS "CRASH COURSE"

This is a 4 week, fast-paced course designed for people who need to accomplish their dog training goals and get behavior problems under control within a limited period of time. Each week new obedience skills will be introduced and preventative and corrective measures for a variety of bad habits will be discussed (e.g. sit, down on command, stay in sit or down position in presence of distractions, come when called, and controlled walking on a leash). **Pre-Register! You will be contacted regarding what to bring to the first lesson. Dogs are brought to all meetings. There will be a \$5 insurance fee due to your instructor at the first meeting.**

Instructor: Khara Knight (HHDOC) Ages: 10+ yrs
Hacienda Hills Dog Obedience Club Dogs: 6 mos. + older
Length: 4 wks (lrg breeds 4 mos + older)
Fee: \$69.00 Min: 6 Max: 20
Location: Bolsa Chica Park
#4000.421 Tu 10/11-11/1 6:30-7:45 p.m.

DOG OBEDIENCE TRAINING

Give your dog a new leash on life! This beginner-level course is open to all breeds of dogs over 5 months (larger breeds accepted at 4 months). Exercises will include proper heel command, automatic sit, sit-stay and down-stay, stand for inspection, and come commands. Behavior problems such as destructive chewing, hole digging, and over-exuberance will also be addressed. **The first meeting will be an orientation WITHOUT DOGS. Please bring vaccination records and \$10 insurance fee due to your instructor at the first meeting.**

Instructor: Khara Knight Ages: 10+ yrs
Hacienda Hills Dog Obedience Club Dogs: 6 mos. + older
Length: 8 wks (lrg breeds 4 mos + older)
Fee: \$82.00 Min: 8 Max: 25

11300 Stanford (between 9th & Euclid) in GARDEN GROVE
1st mtg. **orientation**, held inside **without** dogs
(ALL other mtgs. **with** dogs on grass area adjacent to Senior Center)

#4000.420 Sa 9/24-11/12 9:30-10:30 a.m.

FUN ON THE FARM

Let's visit the farm! We will learn how to milk a goat, shear a sheep, feed a pig, hold a chicken and ride ponies! We will also make crafts and sing songs with puppets! **Parent participation is required. There will be a \$20 material fee due to the instructor.**

Instructor: Cheryl Skidmore & Staff Ages: 18 mths-6 yrs
Fee: \$65 (+ material fee) Length: 4 wks
Location: Rancho Del Rio Stables Min: 5 Max: 15
#4000.422 F 9/23-10/14 9:00-10:00 a.m.
#4000.423 F 10/21-11/11 9:00-10:00 a.m.

HORSE FUN FOR PRESCHOOLERS

Bring your child and help them learn basic horsemanship and safety. They will be taught how to halter, groom, saddle and basic horse riding. Parent participation is required. No unregistered siblings. **There will be a \$20 material fee due to the instructor to cover grounds fee, horse pellets, carrots, and handout.**

Instructor: Cheryl Skidmore & Staff Ages: 3-6 yrs
 Fee: \$60 (+ material fee) Length: 4 wks
 Location: Rancho Del Rio Stables Min: 5 Max: 15

#4000.424	Sa	9/24-10/15	1:00-2:00 p.m.
#4000.425	Sa	10/22-11/12	1:00-2:00 p.m.

HORSE FUN FOR KIDS

Ride this Fall, young buckaroo! We will teach you how to handle horses through hands on horsemanship and safety. This is progressive class that teaches haltering, leading, grooming, saddling, and riding. This class prepares participants for Individual lessons. **There will be a \$20 material fee due to the instructor which covers grounds fee, horse pellets, carrots, and handouts.**

Instructor: Cheryl Skidmore & Staff Ages: 7-12 yrs
 Fee: \$60 (+ materials fee) Length: 4 wks
 Location: Rancho Del Rio Stables Min: 5 Max: 15

#4000.426	Sa	9/24-10/15	2:00-3:00 p.m.
#4000.427	Sa	10/22-11/12	2:00-3:00 p.m.

HORSE FUN FOR ADULTS

Relive your childhood dreams! Ride horses! We will teach you how to halter, groom, horsemanship, safety and basic riding skills! **There will be a \$20 material fee due to the instructor which covers stable fee, material handout, carrots and food for horses.**

Instructor: Cheryl Skidmore & Staff Ages: 13+ yrs
 Fee: \$60 (+ materials fee) Length: 4 wks
 Location: Rancho Del Rio Stables Min: 5 Max: 15

#4000.428	Sa	9/24-10/15	3:00-4:00 p.m.
#4000.429	Sa	10/22-11/12	3:00-4:00 p.m.

Sports and Fitness

YOGALATIES

NEW

Experience the benefits of both Yoga and Pilates! Lose belly fat and strengthen your core. Through Yoga you will stretch, work on strength, and gain flexibility. Through Pilates you will lose your belly fat and strengthen your core. No classes on 11/10, 11/22, or 11/24.

Instructor: Athina Rosario Ages: 14+ yrs
 Fee: \$56/7 weeks

\$49/6 weeks

\$42/5 weeks

Location: WCSB Room A/B

Length: 7, 6 or 5 wks

Min: 5 Max: 50

#5000.401	Tu	9/13-10/25	9:30-10:30 a.m.	(7 weeks)
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#5000.402	Th	9/15-10/27	9:30-10:30 a.m.	(7 weeks)
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#5000.403	Tu	11/1-12/13*	9:30-10:30 a.m.	(6 weeks)
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#5000.404	Th	11/3-12/15*	9:30-10:30 a.m.	(5 weeks)
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* No classes on 11/10, 11/22, or 11/24.



YOGA FOR HEALTH

Work out your stress, develop more balance, and find relief doing Yoga Vinyasa. **No classes on 11/10, 11/22, 11/23 or 11/24.**

Instructor: Athina Rosario Ages: 14+ yrs
 Fee: \$56/7 weeks

\$49/6 weeks

\$42/5 weeks

Location: WCSB Room A/B

Length: 7,6, or 5 wks

Min: 5 Max: 50

#5000.405	Tu	9/13-10/25	8:15-9:30 a.m.	(7 weeks)
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#5000.406	W	9/14-10/26	8:15-9:30 a.m.	(7 weeks)
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#5000.407	Th	9/15-10/27	8:15-9:30 a.m.	(7 weeks)
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#5000.408	Tu	11/1-12/13*	8:15-9:30 a.m.	(6 weeks)
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#5000.409	W	11/2-12/14*	8:15-9:30 a.m.	(6 weeks)
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#5000.410	Th	11/3-12/15*	8:15-9:30 a.m.	(5 weeks)
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* No classes on 11/10, 11/22, 11/23 or 11/24.

TAI CHI CHUAN FOR HEALTH

There are great benefits in doing tai chi, including feeling more rested, having more energy, and gaining balance. Tai Chi Chuan is a therapeutic and easier form of 26 moves that can be done sitting or standing.

No classes on 11/10, 11/22, 11/23 or 11/24.

Instructor: Athina Rosario

Ages: 14+ yrs

Fee: \$56/7 weeks

\$49/6 weeks

\$42/5 weeks

Location: WCSB Room A/B

Length: 7, 6 or 5 wks

Min: 5 Max: 50

#5000.411 Tu 9/13-10/25 10:45-11:45 a.m. (7 weeks)

#5000.412 W 9/14-10/26 9:30-10:30 a.m. (7 weeks)

#5000.413 Th 9/15-10/27 10:45-11:45 a.m. (7 weeks)

#5000.414 Tu 11/1-12/13* 10:45-11:45 a.m. (6 weeks)

#5000.415 W 11/2-12/14* 9:30-10:30 a.m. (6 weeks)

#5000.416 Th 11/3-12/15* 10:45-11:45 a.m. (5 weeks)

*No classes on 11/10, 11/22, 11/23 or 11/24.



DEEP RELAXATION

Through yoga, some tai chi, and exercises to calm the mind, you'll find tranquility and you'll be able to rest.

No class on 11/23.

Instructor: Athina Rosario

Ages: 14+ yrs

Fee: \$77/7 weeks

\$67/6 week

Length: 7 or 6 wks

Location: Westminster Mall

Min: 5 Max: 50

(Entrance to the classroom is located outside the mall in room 2010, near the Todai main mall entrance in between Macy's and JCPenney.)

#5000.417 W 9/14-10/26 7:00-8:00 p.m. (7 weeks)

#5000.418 W 11/2-12/14* 7:00-8:00 p.m. (6 weeks)

* No classes on 11/23.

LITTLE YOGA MONKEYS

This is a uniquely designed program that introduces yoga to children in a fun way. A certified yoga instructor weaves animal named yoga postures into fun animal stories. Children get to use their imagination and creativity while joyfully mimicking animals, accompanied by theme and age appropriate music. Mats and props will be provided. **Parent participation required for ages 2-3.**

Instructor: Monica Johnson

Ages: 2-7 yrs

Fee: \$47

Length: 4 wks

Location: WCSB Room A/B and

Min: 6 Max: 20

West Grove Park Recreation Building (Garden Grove)

(WCSB Room A/B, Westminster):

#5000.419 Th 9/15-10/6 3:00-3:30 p.m. (2-3 yrs. + parent)

#5000.420 Th 10/13-11/3 3:00-3:30 p.m. (2-3 yrs. + parent)

#5000.421 Th 9/15/10/6 3:30-4:00 p.m. (4-5 yrs.)

#5000.422 Th 10/13-11/3 3:30-4:00 p.m. (4-5 yrs.)

#5000.423 Th 9/15-10/6 4:00-4:30 p.m. (6-7 yrs.)

#5000.424 Th 10/13-11/3 4:00-4:30 p.m. (6-7 yrs.)

(West Grove Park Recreation Building, Garden Grove):

#5000.425 M 9/12-10/3 1:00-1:30 p.m. (2-3 yrs. + parent)

#5000.426 M 10/17-11/7 1:00-1:30 p.m. (2-3 yrs. + parent)

#5000.427 M 9/12-10/3 1:30-2:00 p.m. (4-6 yrs.)

#5000.428 M 10/17-11/7 1:30-2:00 p.m. (4-6 yrs.)

YOGA FOR SENIORS

Fall into yoga to lose yourself out of all the festive food! Gear up in flexible clothing, and bring socks and a yoga mat. Do not eat a large meal before class or drink an hour before class.

Instructor: Karla Urquidez

Ages: 50+ yrs

Fee: \$110

Length: 10 wks

Location: WCSB Craft Room

Min: 1 Max: 10

#5000.429 Sa 9/17-11/19 9:30-10:30 a.m.

Register for classes online at
www.westminster-ca.gov

O.C. ELITE CHEER & TUMBLING

Join Orange County's National Award winning competitive cheer and tumbling organization! Beginning through advanced levels will learn the correct fundamentals of tumbling, cheerleading, dance, and stunting while increasing flexibility, strength, self-confidence, self-motivation, perseverance, and teamwork skills. Cheerleaders have the opportunity to perform in parades, community events, cheer at local football games, and compete at competitions through the year. If participants decide to join the competitive team, they will be required to purchase uniforms for competitions in October (approximately \$250); however, fundraising opportunities will be available to help defray the cost.

Instructor: Brooke McComb & Staff Ages: 7-15 yrs
 Fee: \$50 (+ uniform cost) Length: 4 wks
 Location: WCSB East/West Room Min: 6 Max: 25

#5000.430	M	9/12-10/3	5:45-7:15 p.m.
#5000.431	M	10/10-10/31	5:45-7:15 p.m.
#5000.432	M	11/7-11/28	5:45-7:15 p.m.
#5000.433	M & F	12/5-12/16	5:45-7:15 p.m.

PARENT & ME ICE SKATING

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (3:10-4:40 p.m. for Tuesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 3-5 yrs
 Fee: \$37 Length: 4 wks
 Min: 1 Max: 8

#5000.434	Tu	9/27-10/18	4:10-4:40 p.m.
#5000.435	Sa	10/1-10/22	11:15-11:45 a.m.
#5000.436	Tu	10/25-11/15	4:10-4:40 p.m.
#5000.437	Sa	10/29-11/19	11:15-11:45 a.m.

ICE SKATING FOR TOTS

Join the fun at Westminster ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 3-5 yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 8

#5000.438	W	9/28-10/19	5:10-5:40 p.m.
#5000.439	Sa	10/1-10/22	10:45-11:15 a.m.
#5000.440	W	10/26-11/16	5:10-5:40 p.m.
#5000.441	Sa	10/29-11/19	10:45-11:15 a.m.



BEGINNING ICE SKATING

Enjoy the Winter Olympics' most beautiful sport-Figure Skating. Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:00-4:30 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 6-16 yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 12

#5000.442	W	9/28-10/19	4:30-5:00 p.m.
#5000.443	Sa	10/1-10/22	11:15-11:45 a.m.
#5000.444	W	10/26-11/16	4:30-5:00 p.m.
#5000.445	Sa	10/29-11/19	11:15-11:45 a.m.

BEGINNING ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10 p.m.), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 17+ yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 12

#5000.446	W	9/28-10/19	6:10-6:40 p.m.
#5000.447	W	10/26-11/16	6:10-6:40 p.m.

ICE HOCKEY SKATING SKILLS

Want to play hockey but don't know where to start? Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 6-16 yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 12

#5000.448	W	9/28-10/19	6:10-6:40 p.m.
#5000.449	Sa	10/1-10/22	10:45-11:15 a.m.
#5000.450	W	10/26-11/16	6:10-6:40 p.m.
#5000.451	Sa	10/29-11/19	10:45-11:15 a.m.

KIDDIE KARATE

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence, and concentration. Wear loose clothing. Parents should remain outside classroom.

Instructor: Gary Pitts Ages: 3-6 yrs
 Fee: \$30 Length: 4 wks
 Location: WCSB East/West Room Min: 6 Max: 28

5000.452	Th	9/22-10/13	5:00-5:30 p.m.
5000.453	Th	10/20-11/10	5:00-5:30 p.m.

BEGINNING/ADVANCED KARATE

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu". Parents should remain outside classroom.

Instructor: Gary Pitts Ages: 7-17 yrs
 Fee: \$35 Length: 4 wks
 Location: WCSB East/West Room Min: 6 Max: 28

5000.454	Th	9/22-10/13	5:30-6:00 p.m.
5000.455	Th	10/20-11/10	5:30-6:00 p.m.

ADULT KARATE

Learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu".

Instructor: Gary Pitts Ages: 18+ yrs
 Fee: \$45 Length: 4 wks
 Location: WCSB East/West Room Min: 1 Max: 28

5000.456	Th	9/22-10/13	6:00-6:45 p.m.
5000.457	Th	10/20-11/10	6:00-6:45 p.m.

LITTLE STARS TAEKWONDO

Taekwondo will teach the kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty and assertiveness training. Students will also learn basic kicking techniques, basic punches, blocks, basic self-defense and form training. **There will be a \$20 material fee due to the instructor for uniform.**

Instructor: Sungho Park Ages: 3-6 yrs
 Fee: \$55 (+material fee) Length: 4 wks
 Location: Fivestar Taekwondo School Min: 1 Max: 20

#5000.458	M/W	9/12-10/5	6:00-6:40 p.m.
#5000.459	Tu/Th	9/13-10/6	6:40-7:20 p.m.
#5000.460	M/W	10/17-11/9	6:00-6:40 p.m.
#5000.461	Tu/Th	10/18-11/10	6:40-7:20 p.m.



TAEKWONDO FOR KIDS

Taekwondo will teach the kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty and assertiveness training. Students will also learn basic kicking techniques, basic punches, blocks, basic self-defense and form training. **There will be a \$20 material fee due to the instructor for uniform.**

Instructor: Sungho Park Ages: 7-12 yrs
 Fee: \$55 (+material fee) Length: 4 wks
 Location: Fivestar Taekwondo School Min: 1 Max: 20

#5000.462	M/W	9/12-10/5	6:40-7:20 p.m.
#5000.463	Tu/Th	9/13-10/6	6:00-6:40 p.m.
#5000.464	M/W	10/17-11/9	6:40-7:20 p.m.
#5000.465	Tu/Th	10/18-11/10	6:00-6:40 p.m.

TAEKWONDO FOR TEENS AND ADULTS

The goal of Taekwondo training is not about learning how to fight, but learning a way of living through building self-defense. Taekwondo's foundation is to improve the inner self through physical, mental, and spiritual discipline to achieve the highest form of character. Learn to defend and develop self-confidence. **There will be a \$20 material fee due to the instructor for uniform.**

Instructor: Sungho Park Ages: 13+ yrs
 Fee: \$55 (+material fee) Length: 4 wks
 Location: Fivestar Taekwondo School Min: 1 Max: 20

#5000.466	M/W	9/12-10/5	7:30-8:20 p.m.
#5000.467	Tu/Th	9/13-10/6	7:30-8:20 p.m.
#5000.468	M/W	10/17-11/9	7:30-8:20 p.m.
#5000.469	Tu/Th	10/18-11/10	7:30-8:20 p.m.

SHORINJI KEMPO MARTIAL ARTS for Adults

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, promote good health and is a means of protecting oneself. Rather than always focusing on physical strength, Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **There will be a \$20 material fee due to the instructor which includes Technique and Philosophy books.**

Instructor: Pankaj Rastogi	Ages: 18+ yrs
Fee: \$35 (+ material fee)	Length: 3 mths
Location: Carden Conservatory	Min: 1 Max: 35
#5000.470	M/Th 9/12-12/12 7:30-9:00 p.m.



SHORINJI KEMPO MARTIAL ARTS for Kids and Teens

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, promote good health and is a means of protecting oneself. Rather than always focusing on physical strength, Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **There will be a \$20 material fee due to the instructor which includes Technique and Philosophy books.**

Instructor: Pankaj Rastogi	Ages: 5-17 yrs
Fee: \$35	Length: 3 mths
Location: Carden Conservatory	Min: 1 Max: 35
#5000.471	M/Th 9/12-12/12 6:30-7:30 p.m.



JUDO~JUST FOR KIDS

An introductory class that focuses on the way of Judo by building the child's skills physically, mentally, and spiritually. This pertains to tumbling and falling drills, basic judo techniques and terminology, and learning self discipline. Included in the techniques are Judo throwing and controlling techniques.

Instructor: Tu Nguyen

Ages: 5-12 yrs

Fee: \$85

Length: 4 wks

Location: WCSB Room A/B

Min: 3 Max: 15

#5000.472 Tu/W/F 9/6-9/30 6:00-7:30 p.m.

#5000.473 Tu/W/F 10/4-10/28 6:00-7:30 p.m.

#5000.474 Tu/W/F 11/1-11/25* 6:00-7:30 p.m.

#5000.475 Tu/W/F 11/29-12/23 6:00-7:30 p.m.

*11/23 class will be held at WCSB East/West Room. No class on 11/25.

COMPETITIVE JUDO~ BIG KIDS & ADULTS

This class is designed for all levels to learn the competitive aspects of Judo. This class focuses on training for a competition and the self defense aspects of Judo. Learn how to lose weight, increase your strength, quickness, coordination and flexibility while learning one of Japan's most prominent martial art! This class includes Judo throwing (tachi waza), choking (shime waza), and joint manipulation (kansetsu waza) techniques.

Instructor: Tu Nguyen

Ages: 13+ yrs

Fee: \$85

Length: 4 wks

Location: WCSB Room A/B

Min: 3 Max: 15

#5000.476 Tu/W/F 9/6-9/30 7:30-9:00 p.m.

#5000.477 Tu/W/F 10/4-10/28 7:30-9:00 p.m.

#5000.478 Tu/W/F 11/1-11/25* 7:30-9:00 p.m.

#5000.479 Tu/W/F 11/29-12/23 7:30-9:00 p.m.

*11/23 class will be held at WCSB East/West Room. No class on 11/25.

This Summer, Tu Nguyen's Judo students came back from the Junior Nationals in Toledo, Ohio and came back with two medals! Jared Causse won 1st in his division and Donovan Espinosa won 3rd in his! Both students did very well.

MUAY THAI (KICKBOXING)

Intro to Muay Thai will teach basic kick boxing techniques, help improve confidence, create responsibility, quicker reflexes, coordination, and balance. Students will need to bring hand wraps and boxing gloves. Hand wraps and gloves will also be available for purchase.

Instructor: Adrian Bio,

World Class MMA Boxing

Ages: 13-17 yrs

Fee: \$65

Length: 4 wks

Location: World Class MMA Boxing

Min: 4 Max: 10

#5000.480 M-F 9/12-10/7 4:00-5:00 p.m.

#5000.481 M-F 10/10-11/4 4:00-5:00 p.m.

#5000.482 M-F 11/7-12/2 4:00-5:00 p.m.

INTRO TO JIU JITSU

Intro to Jiu Jitsu will cover basic Jiu Jitsu submissions, sweeps, position and defense. The class will also cover basic judo/wrestling takedown and defense.

Instructor: Felipe Fogolin,

World Class MMA Boxing

Ages: 13-17 yrs

Fee: \$65

Length: 4 wks

Location: World Class MMA Boxing

Min: 4 Max: 10

#5000.483 M/W/F 9/12-10/7 4:30-6:00 p.m.

#5000.484 M/W/F 10/10-11/4 4:30-6:00 p.m.

#5000.485 M/W/F 11/7-12/2 4:30-6:00 p.m.

WCMB CARDIO/WEIGHT MANAGEMENT

This class will teach a combination of MMA techniques, conditioning and strengthening. Each student's progress will be monitored each week with body, weight, and BMI measurements. Everyone will receive an individualized diet. Students will need to bring 12 oz. gloves, 2 pieces of hand wraps, and a diet journal.

Instructor: Amanda Lujan,

World Class MMA Boxing

Ages: 17 + yrs

Fee: \$65

Length: 4 wks

Location: World Class MMA Boxing

Min: 4 Max: 10

#5000.486 M/W/F 9/12-10/7 7:00-8:00 p.m.

#5000.487 M/W/F 10/10-11/4 7:00-8:00 p.m.

#5000.488 M/W/F 11/7-12/2 7:00-8:00 p.m.

GYMNASTICS – PARENT-N-ME

Parents are coaches too! Enjoy participating in your child's development and have fun bonding. Activities include balance and tumbling developmental skills, flexibility and strength using our special tot-size mats, equipment, low beam, mini-bars, and tumble-track trampoline in our safe and specially designed pre-school gymnastics rooms.

Instructor: New Hope Gymnastics Staff Ages: 2-3 yrs.

+ parents

Fee: \$84

Length: 6 wks

Location: New Hope Academy Gymnastics Min: 3 Max: 8

#5000.489	M	9/12-10/17	11:00 a.m.-12:00 p.m.
#5000.490	Tu	9/13-10/18	5:30-6:30 p.m.
#5000.491	W	9/14-10/19	11:00 a.m.-12:00 p.m.
#5000.492	Th	9/15-10/20	5:30-6:30 p.m.
#5000.493	F	9/16-10/21	11:00 a.m.-12:00 p.m.
#5000.494	Sa	9/17-10/22	10:30-11:30 a.m.
#5000.495	M	10/24-12/5*	11:00 a.m.-12:00 p.m.
#5000.496	Tu	10/25-12/6*	5:30-6:30 p.m.
#5000.497	W	10/26-12/7*	11:00 a.m.-12:00 p.m.
#5000.498	Th	10/27-12/8*	5:30-6:30 p.m.
#5000.499	F	10/28-12/9*	11:00 a.m.-12:00 p.m.
#5000.500	Sa	10/29-12/10*	10:30-11:30 a.m.

*No classes 11/21-11/26.

INTRO TO GYMNASTICS – LEVEL 1 GIRLS

This weekly themed, recreational program is designed to develop social, emotional, and physical confidence. We teach basic gymnastic skills and have a lot of fun using our various mats and equipment including the low beam, foam pit, mini-bars, tumble-track and trampoline.

Instructor: New Hope Gymnastics Staff Ages: 5-8 yrs

Fee: \$126

Length: 6 wks

Location: New Hope Gymnastics Min: 3 Max: 8

#5000.509	Tu	9/13-10/18	3:30-5:00 p.m.
#5000.510	W	9/14-10/19	5:00-6:30 p.m.
#5000.511	Th	9/15-10/20	3:30-5:00 p.m.
#5000.512	F	9/16-10/21	3:30-5:00 p.m.
#5000.513	F	9/16-10/21	5:00-6:30 p.m.
#5000.514	Sa	9/17-10/22	10:30 a.m.-12:00 p.m.
#5000.515	Tu	10/25-12/6*	3:30-5:00 p.m.
#5000.516	W	10/26-12/7*	5:00-6:30 p.m.
#5000.517	Th	10/27-12/8*	3:30-5:00 p.m.
#5000.518	F	10/28-12/9*	3:30-5:00 p.m.
#5000.519	Sa	10/29-12/10*	10:30 a.m.-12:00 p.m.

*No classes 11/21-11/26.



BEGINNING CO-ED GYMNASTICS

This weekly themed, recreational program is designed to develop social, emotional, and physical confidence. We teach basic gymnastic skills and have a lot of fun using our various mats and equipment including low beam, foam pit, mini-bars, tumble-track and trampoline.

Instructor: New Hope Gymnastics Staff Ages: 2-4 yrs

Fee: \$84

Length: 6 wks

Location: New Hope Gymnastics Min: 3 Max: 8

#5000.501	M	9/12-10/17	10:00-11:00 a.m. (3-4 yrs)
#5000.502	Tu	9/13-10/18	6:30-7:30 p.m. (2-3 yrs)
#5000.503	Th	9/15-10/20	6:30-7:30 p.m. (2-3 yrs)
#5000.504	Sa	9/17-10/22	9:30-10:30 a.m. (3-4 yrs)
#5000.505	M	10/24-12/5*	10:00-11:00 a.m. (3-4 yrs)
#5000.506	Tu	10/25-12/6*	6:30-7:30 p.m. (2-3 yrs)
#5000.507	Th	10/27-12/8*	6:30-7:30 p.m. (2-3 yrs)
#5000.508	Sa	10/29-12/10*	9:30-10:30 a.m. (3-4 yrs)

*No classes 11/21-12/26.

INTRO TO GYMNASTICS – LEVEL 1 BOYS

This program is a developmental program designed for every ability level. Children learn specific skills on each of the individual apparatus – floor, pommel horse/mushroom, rings, vault, parallel bars, high bar and trampoline.

Instructor: New Hope Gymnastics Staff Ages: 5-12 yrs

Fee: \$126

Length: 6 wks

Location: New Hope Gymnastics Min: 3 Max: 8

#5000.520	M	9/12-10/17	3:30-5:00 p.m. (5-8 yrs)
#5000.521	M	10/24-12/5	3:30-5:00 p.m. (8-12 yrs)

*No class on 11/21.

Tennis

TINYTOT TENNIS

Introduce your little one to a great sport taught by Becky Recavarren, a member of the United States Professional Tennis Association. Her half hour class focuses on general motor skills development. **A racquet and one unopened can of tennis balls are required.**

Instructor: Becky Recavarren, USPTA Ages: 4-6 yrs
 Fee: \$35 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.401	Tu	9/6-10/4	4:00-4:30 p.m.
#6000.402	W	9/7-10/5	4:00-4:30 p.m.
#6000.403	Th	9/8-10/6	3:30-4:00 p.m.
#6000.404	Tu	10/18-11/15	4:00-4:30 p.m.
#6000.405	W	10/19-11/16	4:00-4:30 p.m.
#6000.406	Th	10/20-11/17	3:30-4:00 p.m.



BEGINNING JUNIORS

Taught by Becky Recavarren, a member of the United States Professional Tennis Association, your junior tennis star will learn the basics while at the same time develop a lifetime enjoyment for the sport. **A racquet and one unopened can of tennis balls are required.**

Instructor: Becky Recavarren, USPTA Ages: 7-15 yrs
 Fee: \$55 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.407	Tu	9/6-10/4	4:30-5:30 p.m.
#6000.408	W	9/7-10/5	4:30-5:30 p.m.
#6000.409	Sa	9/10-10/8	8:00-9:00 a.m.
#6000.410	Tu	10/18-11/15	4:30-5:30 p.m.
#6000.411	W	10/19-11/16	4:30-5:30 p.m.
#6000.412	Sa	10/22-11/19	8:00-9:00 a.m.

"Coach is gifted at teaching kids of all levels. Makes the kids love the sport." – Coreen Correa, Parent.

INTERMEDIATE/ADVANCED JUNIORS

Becky Recavarren, a member of the United States Professional Tennis Association, will guide your developing junior tennis player through this course which covers more advanced strokes and scoring, including drills and actual playing. **A racquet and one unopened can of tennis balls are required.**

Instructor: Becky Recavarren, USPTA Ages: 7-15 yrs
 Fee: \$55 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.413	Tu	9/6-10/4	5:30-6:30 p.m.
#6000.414	W	9/7-10/5	5:30-6:30 p.m.
#6000.415	Tu	10/18-11/15	5:30-6:30 p.m.
#6000.416	W	10/19-11/16	5:30-6:30 p.m.

BEGINNING/INTERMEDIATE ADULTS

Becky Recavarren has the skills needed to help you begin or resume your adult tennis interest. This course covers strokes and scoring, including drills, serving, forehand, backhand, and volleys. **A racquet and one unopened can of tennis balls are required.**

Instructor: Becky Recavarren, USPTA Ages: 16 to Adult
 Fee: \$55 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.417	Tu	9/6-10/4	6:30-7:30 p.m.
#6000.418	Sa	9/10-10/8	9:00-10:00 a.m.
#6000.419	Tu	10/18-11/15	6:30-7:30 p.m.
#6000.420	Sa	10/22-11/19	9:00-10:00 a.m.

INTERMEDIATE/ADVANCED JR.

TOURNAMENT PLAY

Instructor permission required for this class. Juniors will play match-play specific games, along with playing matches.

Instructor: Becky Recavarren, USPTA Ages: 10-16 yrs
 Fee: \$55 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.421*	Th	9/8-10/6	4:00-5:15 p.m.
#6000.422*	Th	10/20-11/17	4:00-5:15 p.m.

*Instructor Permission Only

Online Courses



Learn from the comfort of home with these instructor-led online courses. You can complete any of these courses at any time of the day or night.

1. To sign up for these online courses visit **www.ed2go.com/westminstr**
2. Choose the department and course you want and click on **Enroll Now**. Follow the instructions to pay and create your username and password.
3. When the course starts, return to the Online Instruction Center and click the classroom link and login with your Username and Password.

ACCOUNTING FUNDAMENTALS

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Instructor: Charlene Messier Length: 6 wks
 Fee: \$89 Location: Online
Start Dates: 9/21/11
 10/19/11

CREATING WEB PAGES

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Instructor: Alan Simpson Length: 6 wks
 Fee: \$89 Location: Online
Start Dates: 9/21/11
 10/19/11

MEDICAL TERMINOLOGY: A WORD ASSOCIATION APPROACH

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Instructor: Douglas Best Length: 6 wks
 Fee: \$89 Location: Online
Start Dates: 9/21/11
 10/19/11

INTRODUCTION TO MICROSOFT EXCEL 2010

Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Instructor: Chad Wambolt Length: 6 wks
 Fee: \$89 Location: Online

SPEED SPANISH

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Instructor: Dan Mikels Length: 6 wks
 Fee: \$89 Location: Online
Start Dates: 9/21/11
 10/19/11

A to Z GRANTWRITING

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Instructor: Linda Vallejo Length: 6 wks
 Fee: \$89 Location: Online
Start Dates: 9/21/11
 10/19/11

GRAMMAR REFRESHER

Gain confidence in your ability to produce clean, grammatically correct documents and speeches

Instructor: Ellen Feld Length: 6 wks
 Fee: \$89 Location: Online
Start Dates: 9/21/11
 10/19/11

INTRODUCTION TO QUICKBOOKS 2010

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Instructor: Scott Paxton Length: 6 wks
 Fee: \$89 Location: Online
Start Dates: 9/21/11

*Requirements: All courses require internet access, e-mail, and Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses may have additional requirements. Please visit the Online Instruction Center for more information.

To view more than 300 online courses visit:
www.ed2go.com/westminstr

VISUAL, PERFORMING, & CULTURAL ARTS

BLAKEY HISTORICAL PARK & MUSEUM - Call Joy L. Neugebauer at (714) 891-2597. Blakey Park is located at 8612 Westminster Blvd., just east of Newland Street. The museum and park feature a variety of displays depicting the everyday life of persons living here during the late 19th and early 20th centuries. The Westminster Historical Society operates the park, with museum hours on the first Sunday afternoon of the month from 1:00 to 4:00 p.m. For guided tours, special arrangements can be made to accommodate your group. Students of all ages are welcome to do research at the Museum. If you would like to become a member and help preserve our common heritage for future generations, drop by the Museum or call the number listed above.

LAS TAPATIAS FOLKLORIC DANCERS - Call Julia Martinez at (714) 893-2784. Audiences enjoy Las Tapatias' colorful costumes and spirited Mexican dances. All ages participate. Children begin dancing at an early age, but adult performers are also welcome. Las Tapatias rehearses at the Westminster Community Services & Recreation Building, Craft Room on Wednesdays at 7:00 p.m. Call to join the group, attend a performance, or to schedule them to entertain for your event.

NICHOLSON PIPES & DRUMS - Call Malcolm Willis at (714) 891-9445 and ask the operator to page him. This award-winning Scottish bagpipe band marches in parades, plays at a variety of special events, holds annual concerts, takes part in regional and national competitions, and is available for bookings at any private party or public event. New musicians are welcomed into the group and quickly become part of this fantastic band. Just call Malcolm for current information on bookings, rehearsals, lessons, and performances.

ORANGE COUNTY CHILDREN'S THEATER - Call (714) 502-2244. This group of talented young actors, singers, dancers, and their parents has been active in the Southland area for more than 20 years. This theater organization is *for children, by children*, and is open to all young people ages 5 through 18. *Parent involvement is required.* Call now to get on their mailing list so you will not miss productions or auditions.

ORANGE COUNTY ROSE SOCIETY - Call Tom Cooney at (949) 362-2710 or visit our website at <http://www.websightstech.com/ocrs/>. Join this group of rose lovers and increase your knowledge of growing roses in your garden. The Orange County Rose Society (OCRS) is a group of people who grow and enjoy roses and is dedicated to fostering the enjoyment, enhancement, and education of the rose. OCRS is affiliated with the American Rose Society. OCRS holds monthly meetings on the first Thursday of each month, except for July and August. Monthly meetings include educational presentations on the care of roses. You'll also have access to have your questions answered by American Rose Society certified Consulting Rosarians.



ROSE CENTER FOUNDATION - The Rose Center Foundation is a non-profit organization that administratively operates the beautiful, new, 419 seat Rose Center Theater located within the Westminster Rose Center at 14140 All American Way. State-of-the-art performances are held in the theater throughout the year. **To contact the Rose Center for information please call Mayor Margie L. Rice at: 714-548-3183 or 714-893-1732. For event and ticket information, please call the theater Box Office at 714-793-1150. www.rosecentertheater.com**

VIETNAMESE CULTURAL PROGRAMS - Call Professor Chau Van Nguyen, Program Director, at (714) 531-4907, or (714) 240-0475 (cell). Traditional Vietnamese music, song and dance are performed by multi-talented Vietnamese artists. Musicians who perform on traditional instruments, such as the monostring, two-string fiddle, bamboo flute, and other instruments, are available to entertain along with the colorful drum dancers, dragon dancers, youth, and adult choirs.

WESTMINSTER CHORALE - Call Robert Munn at (714) 894-5644 or (714) 496-5607. The Chorale performs a variety of music that includes patriotic, show tunes, religious, country western, jazz, and operettas. Rehearsals are held weekly on Mondays at 7:00 p.m. in the Senior Center dining room, Civic Center, 8200 Westminster Blvd. Call to find out how you can book this dynamic chorale for your event or ask about performance dates.

WESTMINSTER COMMUNITY THEATER - Call Rhonda at (714) 527-5546. The theater is located at 7272 Maple Street. WCT has been entertaining local audiences with live theater for over 30 years. Productions feature fine family entertainment with comedies, musicals, and plays each season. Phone Rhonda for tickets or current show information.

WESTMINSTER TOASTMASTERS - Call William "Bill" or Carol Ostashay at (714) 897-2737. Join this group of orators and become a professional speaker. Whether already a skilled professional, a leader-in-training, or even a parent who wants to improve his/her speaking skills, this organization can help you learn how to relax, plan, and present your ideas more professionally. A member organization of Toastmasters International, members compete and perform at various functions.

COMMISSION ON AGING

Vince Agor, Chairperson
 Leonor Barajas
 Owen Eames
 Phil Hodgetts
 Leo Lopez
 Linh Nguyen
 Erwin Vysma

Ron Hamamura, Alternate
 Joan Germany, Alternate

The Westminster Senior Center is a focal point for seniors, offering an array of services and activities. Listed below are the types of services offered. If you desire additional information, please call the Senior Center at (714) 895-2878, Monday – Thursday, 7:30 a.m. – 5:30 p.m., and Fridays 7:30 a.m. – 4:30 p.m., and alternate Fridays 8:00 a.m. – 1:00 p.m.

The Westminster Senior Center offers a variety of services such as:

- Blood Pressure Testing
- Commodities Distribution
- Home Meals
- Information and Referrals
- Free Legal Services
- Westminster on Wheels (WOW) Nutrition & Shuttle Transportation
- Health Screening
- H.I.C.A.P (Health Insurance Counseling and Advocacy Program)

For more information on any of these services, please visit our website at www.westminster-ca.gov, go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-2878.

SENIOR FITNESS

Join one of the following weekly exercise classes, designed specifically for older adults.

Adult Fitness	Monday	10:00 a.m.
Adult Fitness	Wednesday	10:00 a.m.
Beg. Adult Fitness	Monday & Wednesday	12:30 p.m.
Balance & Mobility	Monday & Wednesday	9:00 a.m.
Longevity Stick	Monday & Thursday	9:00 a.m.
Tai Chi	Friday	9:00 a.m.

The following classes are fee-based and require advanced registration through Huntington Beach Adult School. Please call 714-901-8106 ext. 4405 for registration information:

Intro to Dance Aerobics	Monday	1:30 p.m.
Dance Aerobics 2	Thursday	9:00 a.m.
Dance Aerobics 2/3	Thursday	3:00 p.m.
Dance Aerobics 3	Thursday	10:30 a.m.
Dance Aerobics 4	Tuesday & Thursday	12:45 p.m.
Stretch & Flex	Tuesday	9:30 a.m.
Low Impact Aerobics	Tuesday	10:45 a.m.

Adult Public Health Nursing Services (APHNS)

These short seminars are held on Wednesdays at 11:00 a.m. They are free & informative.

September 28	Skin as we Age
October 5	Shots Aren't Just for Kids
November 2	Holiday Stress
December 7	Medication Safety

Diabetes Education and Support Group (APHNS)

Facilitated by Jane Herin, R.N., certified diabetes educator. The group meets the 3rd Wednesday of each month from 12:30 p.m. to 2:00 p.m. Everyone is welcome to attend. Current topics to be discussed are:

September 28	Dementia & Memory Problems
October 19	Neuropathy
November 16	Holidays and Meal Planning
December 21	Medications

Life Story Writing

Join this Life Story Writing group to get ideas, stimulation and inspiration from each other as we share our stories. Using cartoons, articles, proverbs, poems and historic news events will help us remember own life experiences in discussion and writing. ALL NEW TOPICS. Old and new members are welcome. Meetings begin Monday, Sept. 19, 12:30 to 2:00 for ten weeks. NO CHARGE. Call Nancy at 714-832-2888 for more information. Facilitator: Nancy Sink, MSG

Programs and Classes

DAILY DINING

Try our hot meals offered Monday through Friday in our Senior Center Dining Room. If you are 60 years or older (or married to someone who is), the suggested donation is only \$2.50 for the hot lunch. No reservation is necessary, but come early to assure a place! Serving time is 11:45 a.m. Lunch is served at 11:30 a.m. on Fridays. Pick up a "Senior Spotlight" for only 50 cents at the Senior Center for the month's menu, which is also on the city's website.

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.. **The fee is \$12 per person if you are a member of AARP and \$14 per person if you are not a member.** Registration is required. Please make checks payable to AARP. Classes will be held on the following dates:

October 6 and 7

December 1 and 2

February 2012 (To be Announced)

We Offer Many More Senior Programs & Classes Such As:

- Crocheting and Knitting
- Balance & Mobility
- Bridge Club
- Mah Jongg
- Longevity Stick
- Dinner Group
- Chess Club
- Sudoku

For more information on any of these programs, please visit our website at www.westminster-ca.gov, go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-

FREE MOVIE FRIDAYS!

Every Friday at 9:15 a.m. a movie is shown. There is no charge for the screening. The "Senior Spotlight" lists the movies monthly.

WESTMINSTER SENIOR CENTER FOUNDATION

The Westminster Senior Center Foundation (WSCF) was incorporated in December 2002. The Foundation's mission is "To engage in charitable activities and to assist (both financially and otherwise) the Westminster Senior Center and its programs."

The major fundraiser held to fulfill this mission is the Foundation's annual Senior Health Expo which provides seniors access to health screenings, insurance and physician information, financial information, and other facts and fun. Proceeds from the Expos help support numerous Senior

TRIPS AND EXCURSIONS

Call the Senior Center or stop by for specific trip details. Day trips and overnight trips are offered. Prices for overnight trips are based on double occupancy. A few single rooms may be available at a higher rate. Note: Prices on all excursions are approximate and may vary. Trips fill quickly. Sign up early at the Reception Desk to reserve your spot.

The following excursions are being planned for your enjoyment:

Griffith Observatory	Sept. 7	\$49
Pechanga	Sept. 20	\$32
Sedona & Grand Canyon	Oct. 3-7	\$930/double \$1,130/single
Viejas Indian Casino	Oct. 5	\$15
Apple Season in Oak Glenn	Oct. 20	\$56
Santa Ysabel	Nov. 2	\$47
Pala	Nov. 21	\$19
Laughlin - Christmas	Dec. 7-9	\$92/double \$112/single

VOLUNTEERS ARE NEEDED!

If you are interested in volunteering, please call Claire Hutchinson at (714)-895-2878.

WESTMINSTER YOUTH COMMITTEE

The Westminster Youth Committee addresses the needs of the City's young people through volunteering, while promoting a sense of civic pride. Organizing and implementing youth-focused programs and volunteering their time to established city programs and events, the current members offer unique and diversified perspectives.

For more information on the Westminster Youth Committee, please visit the City's website at www.westminster-ca.gov, or call the Community Services and Recreation Department at 714.895.2860. And be sure to check us out on Facebook.

WATER CUSTOMER SERVICE

For water billing, charges, turn-on or turn-off services call (714) 894-3796.

For water main breaks, leaks, quality, or pressure problems call (714) 895-2876, 6:30 a.m. to 5 p.m.

After business hours water emergencies call the Westminster Police Department (714) 898-3315.

Water Conservation Ordinance

Water Conservation Ordinance No. 2449 adopted in May 2009 outlines the permanent water restrictions below.

- No outdoor watering between the hours:
9 a.m. – 5 p.m. October - May
8 a.m. – 6 p.m. June – September
- Water no longer than 15 minutes per irrigation station per day
- No excessive water run-off
- No washing down hard or paved surfaces
- Fix water leaks within 7 days
- Decorative water features must use re-circulating water
- When washing vehicles must use self-closing positive shut-off nozzle on garden hose
- Restaurants are required to serve water upon request only
- Hotels and motels are required to provide guests option to decline daily linen service
- Commercial car washes and laundries are required to use re-circulating water systems
- Restaurants are required to use water conserving pre-rinse spray valves

The Water Division is available to help you save water at home and at work. Call 714 548-3690 to schedule a water audit. Check out [this link](#) and click on Services and Incentive Programs to get information about water saving appliances.

CONCERT IN THE PARK SPONSORS

The City of Westminster would like to thank the following sponsors that generously donated to the 2011 Summer Concert in the Park Series.

LEXUS OF WESTMINSTER
SAM ASH MEGASTORE
MIDWAY CITY SANITARY DISTRICT



Water Conservation Garden

Check out Westminster's Water Conservation Garden at 6312 California Ave! Over 20 species of drought tolerant California friendly and native plants, trees, and turf are on display. Local nurseries were used to provide plants and signs are posted to identify the species and costs. Hardscape materials were donated by local vendors and offer a beautiful alternative to turf.

This garden is open to the public to view California native and friendly plants as they grow from newly planted to mature and flowering during the seasons.

It's easy and inexpensive to create a beautiful low-water garden of your own!

H2O TIPS to save 20 gallons a day!

Activity

Wash full loads of laundry
Turn off water while brushing teeth
Take 5 minute showers
Running dishwasher only when full
Clean driveway with a broom instead of hose
Watering late at night or early in the morning
Fixing leaking toilets / using low flow showerheads
Reduce outdoor watering

Water Saved

15 gallons per load
2 gallons per minute
10 gallons per shower
3 gallons per load
20 gallons per minute
20 gallons per day
20 gallons per day
40 gallons per day

RADIO AMATEUR CIVIL EMERGENCY SERVICE



RACES are Public-safety volunteers which are licensed Amateur Radio Operators that are trained to assist local government during time of emergency and disaster or for routine events and activities. They are trained and certified to provide public-safety communications support.

Westminster RACES are looking for qualified Ham Radio Operators to perform vital volunteer communications during Westminster Community Events and Disaster or Emergency Incidents.

If you are interested in becoming a member of the City of Westminster RACES, please contact RACES Radio Officer Chi Nguyen, KE6MVS (714) 869-1441 or RACES Assistant Radio Officer Adam Valek, N6HVC (714) 892-5961 for further information.



ARE YOU PREPARED WHEN DISASTER HITS?



Westminster is offering a C.E.R.T. Training Academy for Fall/Winter 2011

Classes that will be covered during the Academy include: Introduction to Disaster Preparedness, CERT Organization, Light Search and Rescue Operations, Disaster Psychology, Terrorism and Disaster Medical Operations.

For further information on the upcoming C.E.R.T. Training Academy please contact the Emergency Services Coordinator for the City of Westminster at (714) 548-3761/3211 or email WESTCOUNTYCERT@yahoo.com

California Friendly Landscape and Gardening Classes Online

Learn the latest ways to reduce water use in landscapes by taking free classes on line. They cover the basics of irrigation systems, watering and fertilizing, basic landscape design, and plant identification. To get started visit www.bewaterwise.com and click on the Classes tab.



WESTMINSTER BRANCH LIBRARY

8180 13th Street, Westminster, CA 92683
(714) 893-5057

HOURS:

Monday through Thursday 10:00 a.m. to 9:00 p.m.

Friday and Saturday 10:00 a.m. to 5:00 p.m.

Children's Programs

Children and parents are invited to come to our weekly storytimes! We host **Preschool Storytime** every Wednesday at 10:30 am, **Toddler Storytime** every Wednesday at 11:00 am, and **Family Storytime** every Saturday at 10:30 am. Storytimes give children and families an opportunity to enjoy stories, crafts, and activities as well as help your child develop a love of books and reading! Children who love to read will love our **Kids Book Club!** Kids get to can talk about the book they read, and do activities. It is held the second Wednesday of the month at 3:30 pm; call the library for more information. Our **monthly craft program** is held on the second Thursday of the month at 3:30 pm. Be sure to check our online calendar at ocpl.org or call the library for more information about special programs. Children's National Book Week is in November and we will be celebrating with programs and crafts. Come join Miss Anna for the fun!

Airport Art Contest

During the month of November, children are encouraged to enter the art contest sponsored by John Wayne Airport. Stop by the library for an entry form.

Teen Programs

Start the school year off right by **Getting the Edge on Homework!** Teens and their parents are invited to learn about some of the online resources the library offers that will give students the tools to succeed in a two-part program. Part one will take place at the library on Tuesday, September 27th at 7:00 pm, and part two on Tuesday, October 25th at 7:00 pm. Are you preparing to take the SAT? Ease your fears about it by coming to a **Free Practice SAT Test** on Saturday, November 5th from 10:30-2:30 pm. Register by calling or stopping by the information desk. Teens are invited to join our **Teen Advisory Board**, which meets the first Wednesday of the month at 4:00 pm. Teens can earn volunteer hours and make a difference at the Library by helping to make decisions about teen services offered at the library, upcoming programs, teen books, and more. Teens that are interested in earning volunteer hours by joining the **VolunTEEN Program** should pick up an application at the information desk. All programs are open to teens ages 12-18.

Come celebrate Teen Read Week, October 16-22, with special events at the Westminster Library! The theme this year, **Picture It!** @ your library, encourages teens to read a variety of materials, including graphic novels, movies, books about photography, and more. Contact the library for more information about the Teen Read Week events.

Join the Teen Book Club on the third Thursday every month at 4 pm for a discussion and activities based on teen books. Contact the library for the monthly selection.

Visit the library during Banned Books Week, September 24-October 1st, and check out some of your favorite banned books.

Kids can earn a free hamburger at In-n-Out by reading! Stop by the library during the month of October to sign up.

Adult Programs

The Westminster Public Library is offering free **Beginner's Computer Classes**. The classes are designed for people with little to no computer experience. Please call or stop by the Information Desk to sign up. Don't forget to join our monthly **Book Club** for adults! Contact the Library for more information. Join us and the OC Office on Aging for two events on health care for seniors. Confused by all the fine print, come learn **How to Navigate Your Health Plan** on Thursday, September 22nd at 4:00 pm. Are you or your loved one new to Medicare? Get started by coming to a **Medicare Orientation** on Thursday, October 20th at 4:00 pm.

Library Card Sign-up

Do you have an OC Public Libraries library card? If not, be sure to come to the library during September for Library Card Sign-up Month. Countless resources are available for free by signing up!

USED BOOK STORE

The Westminster Friends of the Library Bookstore is always looking for volunteers to assist them. Drop by the Bookstore and fill out an application. Donations of any kind are welcome. All proceeds go to help out the Westminster Library by paying for new books, media, CDs, Books on CD, DVDs, children's books, teen books and magazines for all age levels. The proceeds also are used for Children's, Adult and Teen programs for the Community. Please call

Westminster School District

Child Care Services

Land School

Pre-school services are offered at Land School. The child care program is from 6:00 a.m.-6:00 p.m., Monday - Friday. Children from 3-5 years are welcome, but they must be potty-trained. The cost varies based on the number of days and times care is needed. For more information, please call Land School at 898-8389.

The following schools in the Westminster School District offer child care services from 6:00 a.m. to 6:00 p.m.: Clegg, DeMille (no morning care), Eastwood, Finley, Fryberger, Hayden, Meairs, Sequoia, Schmitt (no morning care), and Schroeder.

Fees vary based on the type of care needed. Please contact Westminster School District Child Development Programs office at 898-8389 for more detailed information.

PARENT PARTICIPATION

PRE-SCHOOL

Westminster Nursery School

(714-893-7979)

www.westminsternurseryschool.com

Location: Bolsa Chica Park, 13660 University St. Westminster, CA 92683

Westminster Nursery School is a **parent-participation pre-school**.

Open House: Wednesday, Sept. 7th, 2011, from 10am-12noon

Open enrollment throughout the year and advance registration for Fall 2011

Programs offered are:

Pre-K (Mon/Wed/Fri 9am-noon):

Must be 4 by December 2nd

Registration: \$80

Monthly: \$130

2-day (Tues/Thurs 9am-noon):

Must be 3 by December 2nd

Registration: \$80

Monthly: \$90

Parent & Me (Thurs: 12:30-1:30pm)

Must be 2

Registration fee: \$25

Monthly cost: \$20

City of Westminster
Community Services
& Recreation Department
www.westminster-ca.gov
(714) 895-2860



Día de la Familia

(Family Day)

Sunday, September 11, 2011

Sigler Park, 7200 Plaza St.

1:00 p.m. to 5:00 p.m.

★ Community Information Booths

★ Great Entertainment

★ Delicious Food



Remembrance of September 11th

1:00 p.m.

Brief program will include
flag ceremony
moment of silence
& remarks

Registration begins August 22, 2011

There are 3 easy ways to register for classes . . .

ON-LINE

On-line registration is just a click away...

Please visit
www.activenet.active.com/westminster

You will need to pay by credit card to register on-line.

MAIL-IN

Mail completed form & payment to:

Westminster Community Services
& Recreation Department
8200 Westminster Blvd.
Westminster, CA 92683

Make checks payable to:
City of Westminster

WALK-IN

Visit us...

Westminster Community
Services & Recreation
Department at 8200
Westminster Blvd.

7:30 a.m. – 5:30 p.m.
Monday – Thursday
7:30 a.m. – 4:30 p.m.
Alternate Fridays

General Information & Refund Policy

- × No registration taken at classes.
- × Refunds will be issued approximately 4 weeks following the request.
- × Refunds must be requested before the end of the 2nd class meeting.
- × Activities canceled by the department will be given automatic refunds.
- × Please note: Due to the nature of the activities, there are no refunds on excursions, youth sports and aquatics.

SATISFACTION GUARANTEED

The City of Westminster Community Services and Recreation Department is continually striving to provide the highest quality recreation activities, events and programs, and offers a money back guarantee on all our classes.

If you are not completely satisfied, before the end of the 2nd class meeting, tell us and we will arrange for you to:

- × Repeat the class at no charge, -or-
- × Transfer to a different class, -or-
- × Receive a full refund

Applications for refunds may be made in person, by calling (714) 895-2860, or in writing. Your suggestions and comments are appreciated; they will help us do the best job possible.



Community Services and Recreation Department Registration Information

Registration Form

City of Westminster Community Services & Recreation Department

All information is required. Please Print.

Parent/Adult Name: First _____ Last _____

Address _____ Birth Date _____

City/State/Zip _____ Phone () _____

Email address _____ Cell Phone () _____

Name of Participant:		Birth Date	Sex	Activity Number	Name of Activity	Fee
First	Last					
TOTAL FEES						

Do any of the listed participants have any special needs, limitations, and/or allergies? Yes ☐ No ☐
If yes, please explain: _____

Liability and Publicity Release

For and in consideration of permitting _____ to enroll in and participate in the recreational program entitled, _____ sponsored by the City of Westminster, Department of Community Services, the Undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, property damage or wrongful death occurring to him/herself arising as a result of participation in said recreational program or any activities incidental thereto wherever or however the same may occur and for whatever period said program may continue, and the Undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive, discharge and relinquish any action or cause of action, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute or present any claim for personal injury, property damage or wrongful death against the City of Westminster and its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

IT IS THE INTENTION OF _____ BY THIS INSTRUMENT, TO EXEMPT AND RELIEVE THE CITY OF WESTMINSTER AND THE RELATED PARTIES MENTIONED HEREIN, FROM ALL LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY THE NEGLIGENCE OF ANY PERSON OR ENTITY.

The Undersigned, for him/herself, his/her heirs, executors, administrators or assigns agrees that in the event any claim for personal injuries, property damage or wrongful death shall be prosecuted against the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, he/she shall defend, indemnify and save harmless the same City of Westminster and the aforementioned related parties from any claim, cause of action, loss, liability, damage, lawsuit, cost or expense (including reasonable attorney's fees) by whomever or wherever made or presented for said personal injuries, property damage or wrongful death.

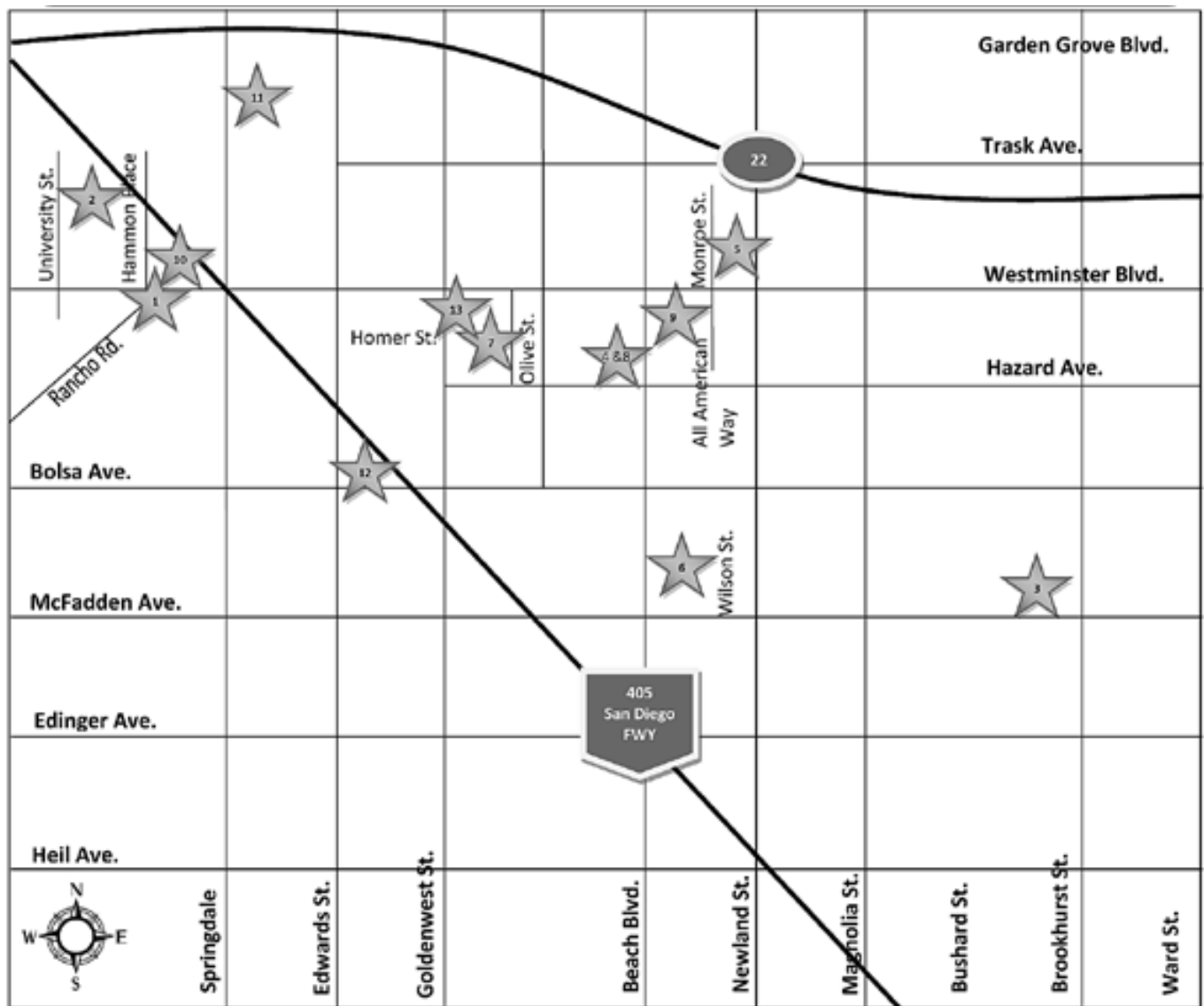
In case of accident or other emergency, the Undersigned hereby gives permission for the City of Westminster and/or its officers, officials, agents, contractors, volunteers, servants or employees, to obtain emergency medical treatment. The Undersigned further agrees to pay any costs incurred as a result of such treatment.

In addition, the Undersigned has been notified that participants involved in City-sponsored community service programs are subject to being photographed or videotaped, and he/she hereby gives permission for the City of Westminster to use such photographs or videotapes on City Department websites and to publicize and promote the City's programs.

The Undersigned acknowledges that he/she has personally read, understands, and voluntarily signs this release and waiver of all liability and indemnity agreement, is fully aware of the potential risks and hazards which are inherently involved in the specified community service program, and in any of the activities, appointments, meetings, or workshops incidental thereto, including but not limited to, any negligent acts performed by the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, negligently created or maintained dangerous conditions of public property, weather conditions, equipment, machinery, playing conditions, other participants, on-site physical premises, structures or substantial works of improvement. The Undersigned voluntarily assumes all risks of loss, damage, or injury associated with his/her participation in the specified recreational program or any activities incidental thereto.

Signature _____ Date _____

Parks & Recreation Facilities Legend



- 1. American Tiger Martial Arts & Fitness**
2. Bolso Chica Park
3. Elden F. Gillespie Park
4. Intensity Services (Same as #8)
5. Liberty Park
6. Park West Park
7. Sigler Park
8. The Piano Place Music and Arts Center
9. WCSB (Westminister Services & Rec. Building)
10. Westpac Dance Center
11. Westminister ICE
12. Westminister Mall
13. World Class MMA Boxing
- Garden Conservatory Multipurpose Room
 - Climax Rock Gym
 - Five Star Taekwondo School
 - Fountain Valley Music
 - Fountain Valley Recreation Center
 - Fountain Valley Senior Center
 - Garden Grove Community Meeting Center
 - Garden Grove Sports/Recreation Center
 - H. Louis Lake Sr. Center
 - New Hope Gymnastics Academy
 - Rancho Del Rio Stables
 - Stanton Community Center
 - West Grove Park
- 5849 Westminster Blvd.
 13660 University St.
 9801 McFadden Ave.
 14441 Beach Blvd. #200 (877)769-6369
 13900 Monroe St.
 8301 McFadden Ave.
 7200 Plaza St.
 14441 Beach Blvd. #100 (714)899-4823
 8200 Westminster Blvd. (714)895-2860
 5915 Westminster Blvd. (714)893-2623
 13071 Springdale (714)558-3212
 1005 Westminister Mall
 14042 Locust St. (714)892-3355
 5702 Clark Drive, Huntington Beach (949) 510-1569
 18411 Gothard St. Unit 1, Huntington Beach
 8322 Garden Grove Blvd., Garden Grove
 8740 Warner Ave., Fountain Valley (714)963-2010
 16400 Brookhurst St., Fountain Valley
 17967 Bushard St., Fountain Valley (714) 839-8611
 11300 Stanford Ave., Garden Grove
 13641 Deodara, Garden Grove (714)741-5200
 11300 Stanford, Garden Grove (714)897-7099
 17270 New Hope St., Fountain Valley (714)555-8050
 1370 So. Sanderson, Anaheim
 7800 Katella Ave., Stanton (714)379-9222
 5371 Cerulean, Garden Grove
- *MAP IS NOT TO SCALE**

Hold your next event at:
Westminister Community Services & Recreation Building

**Wedding Receptions
 *Meetings
 *Birthdays
 And other special events

8200 Westminster Blvd.
Please call 714.895.2860
For more information or visit
www.westminister-ca.gov

City of Westminster & Westminster Mall
presents

HALLOWEEN HAPPENING at the MALL

Monday, October 31
4:30 - 7:30 pm

Westminster Mall

Lower Level Macy's court

Bring money to play carnival games.

For more information, contact
the Westminster Community
Services Department at
(714) 895-2860



Breakfast with Santa

**Saturday, December 3
9:00 - 10:30 a.m.
East/West Room**

**\$7.00
(adults & children 2+)**

REGISTER EARLY! SPACES ARE LIMITED!!
Please call us at 714.895.2860 for more
information or register online at
www.activenet.active.com/westminster



2012 Rose Parade Excursion

**Monday, January 2, 2012
6:00 am -
2:00 pm**

\$85

Reservations are available on a limited, first come, first served basis. For more information, please call the Community Services Department at (714) 895-2860 or register online at www.activenet.active.com/westminster.

Batter Up!

City of Westminster Adult Softball

Fall League begins Monday, September 19

REGISTRATION FEE:
\$255.00 per team, plus \$20.00 per game paid to the officials on the field.



**Please call the
Sports Office at
(714) 548-3671
for more info.**

Team Relic, 2011 Spring/Summer League Champions



Located at Sigler Park
7200 Plaza St., Westminster, CA 92683
Phone: 714-903-1331 Fax: 714-903-1881

Services are offered in English, Spanish and Vietnamese

¡Los servicios son GRATIS!

- Representación Familiar
- Programa de Superación Personal
- Consejería en Violencia Doméstica
- Información y Referencias
- Talleres para Padres
- Promoción y Apoyo para Adopciones
- Servicios de Reunificación de Familias
- Servicios Dentales
- Programa para recibir Alimentos / WIC
- Programa de Asistencia (paquete de higiene, pañales, cupones para comida)
- Programas para Después de Escuela
- Servicios de Administración de Casos
- Consejería Individual y para Familias
- Y muchos más

Services are FREE!

- Family Advocacy
- Personal Empowerment Program
- Domestic Violence Counseling
- Information & Referral
- Parent Education Workshops
- Adoption Promotion & Support
- Family Reunification Services
- Dental Services
- Emergency Food Program / WIC
- Emergency Assistance Program (hygiene kit, diapers, food vouchers)
- After School Enrichment Programs
- Case Management Services
- Individual and Family Counseling
- And many others

*Westminster Family Resource Center-
a community collaborative*



Chương trình phục vụ MIỄN PHÍ

- Bệnh Vực Gia Đình
- Chương Trình Đào Tạo Khả Năng Cá Nhân
- Cố Vấn Về Bạo Hành Trong Gia Đình
- Thông Tin & Giới Thiệu
- Hội Thảo Dành Cho Phụ Huynh
- Khuyến Khích & Hỗ Trợ Dịch Vụ Nhận Con Nuôi
- Dịch Vụ Đoàn Tụ Gia Đình
- Dịch Vụ Nha Khoa
- Chương Trình Thực Phẩm Khẩn Cấp / WIC
- Chương Trình Trợ Giúp Khẩn Cấp
- Chương Trình Sau Giờ Học
- Dịch Vụ Phụ Trách Các Vấn Đề
- Dịch Vụ Cố Vấn Cá Nhân Và Gia Đình
- Và nhiều chương trình khác

Families and Communities Together (FaCT) is a partnership between the County of Orange Social Services Agency and Orangewood Children's Foundation. FaCT receives federal, state, and county funds including Promoting Safe and Stable Families, California Department of Social Services/ Office of Child Abuse Prevention, Governor's Office of Emergency Services, and the Children and Families Commission of Orange County.